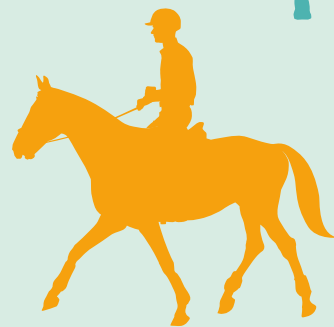


REAL Bodies

IN HERTS

EVERY BODY FOR EVERYBODY



The 'Perfect' body

Think of your **body** as your friend.
How is this **friend** there for you?



What are **five things**
your **body** does **well**?

1. _____
2. _____
3. _____
4. _____
5. _____

1. _____
2. _____
3. _____
4. _____
5. _____

Think of your **body** and all the
things you can do with it.
Write three things that you are
grateful for about your body:

1. _____
2. _____
3. _____



justtalkherts.org/realbodies



0808 196 2228



Young people, parents/carers and professionals can call First Steps ED
for free with any body image questions or concerns they have.

