

# ReAL BodIEs

I N H E R T S

EVERY BODY **FOR** EVERYBODY

**“Be happy with yourself  
don’t worry about what  
other people think”**

We are all different, we are all the same - celebrate yourself.  
You can find out more about positive body image at [justtalkherts.org](https://justtalkherts.org)

[justtalkherts.org/realbodies](https://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.

