

TALKING ABOUT

REAL BODIES

IN HERTS

**“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://www.justtalkherts.org)

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