Loving your body isn’t always easy. If you’re struggling with your body image please chat with someone (a trusted adult, friend, teacher) or call the Butterfly National Helpline on 1800 33 4673.

#LOVEYOURBODYWEEK

Appearance teasing and bullying is not ok
The good stuff is on the inside
Move your body to make your heart sing
Your body IS great
Celebrate ALL bodies
Dress to express the person that you are
Compare less and accept more

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