Write your own positive body image message in the plate below.

Plate Up
a positive message
to support body confidence

Plate Up the Positives
thebutterflyfoundation.org.au
Paint Up the Positives

To support body confidence

Butterfly invites you to ‘Paint Up The Positives’ and celebrate your health and wellbeing! Get creative and decorate a plate that will bring love and support to the dinner table.

Challenge the norm and raise awareness with Plate up the Positives.
Plate Up the Positives

Encourage

Challenge

You can help change the way we think about self worth and body esteem, by challenging the norm to make a difference.