You can help change the way we think about self worth and body image, by challenging the norm to make a difference. Inspire your family and friends to ‘plate up’ positive support and help raise funds for positive body image services.
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.

thebutterflyfoundation.org.au
Plate Up the Positives to support body confidence

Encourage
• Caring about who you are!
• Accepting who you are!
• Having self-compassion!
• Supporting positive body image!
• Acknowledging your value!
• Focussing on the positives!
• Talking with confidence!
• Focussing on positive body talk!

Challenge
• Trying to look like people in magazines
• Accepting pressure to look a certain way
• Pressuring yourself to be perfect
• Stressing about how you look
• Worrying about what to eat
• Talking about yourself negatively
• Staying quiet about your worries
• Accepting negative body esteem

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