

We are RESILIENT

to needing to look like what we see on TV, online or in books.

We are enough!



We are BRAVE

and say NO to teasing or jokes about how someone looks.

Appearance teasing is never OK!



We are INCLUSIVE of every BODY.

Show kindness and respect to all bodies!

We are a

Body Bright Family!



We are HAPPY

by moving our bodies in ways that are fun.

We move for our minds and bodies!



We are GRATEFUL

of who we are and what our body can do.

There is only one me!



We are THOUGHTFUL

by listening when our body is hungry and full.

We are curious about all foods!



Everyone deserves to feel BRIGHT in their body!

For more Body Bright Family resources and information visit www.butterflybodybright.org.au/resources