

# A BodyKind FAMILY...



Talks kindly about bodies; our own and each other's



Values ourselves and each other, for who we are not how we look



Tries not to *compare* our bodies and appearance to each other and our friends



Finds ways to move that are *enjoyable* and make us feel good



Enjoys a range of fun and nutritious foods and *listens* to what our bodies need



Treats our own and each other's bodies with *kindness* and respect



Recognises no one is perfect and anyone can ask for *help*

**For free resources** to help you connect with your teenager and family around body image and being body kind visit [www.butterfly.org.au/bodykindfamilies](http://www.butterfly.org.au/bodykindfamilies)

In a world where we can be anything, let's be BodyKind

*Concerned about someone?*

Butterfly's free and confidential National Helpline can support you.

Phone Email Webchat  
1800 33 4673

[www.butterflynationalhelpline.org.au](http://www.butterflynationalhelpline.org.au)