

10 Body Positive Lessons for kids



- 1. All bodies are valuable and worthy just as they are (regardless of shape, size, color, ability or gender)**
 - 2. There are no bodies that are better than, or less than others.**
 - 3. Your body is your business - you can assert boundaries and make your own decisions about your body**
 - 4. Other people's bodies are their business - they get to say what's OK, and not OK for them.**
 - 5. We cannot tell anything about someone else simply by looking at them - we can't tell what they eat, how they move their body, how healthy they are, how smart they are, anything!**
 - 6. We do not "call names" about someone else's appearance. Ever.**
 - 7. We speak kindly about our own bodies. We speak kindly about other people's bodies.**
 - 8. There are so many things that make people special, unique and valuable. We make an effort to appreciate things about people that are not about appearance or their body.**
 - 9. Being Body Positive is not about having, or achieving a certain body shape. It's for everyone. Kids, adults, everyone!**
 - 10. Everyone can make a difference in helping people feel good and making the world a more peaceful place. Yes, you can too!**
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