

THIS IS A BODY POSITIVE SPACE

Join us in creating a space that is safe, supportive, joyful and body positive during Body Image and Eating Disorder Awareness Week (BIEDAW) and beyond!

KINDLY, DON'T

Talk about dieting or give food labels such as good or bad

Talk about or comment on people's bodies, their size or shape

Assume things about people based on their body size (such as their health)



KINDLY, DO

Focus on what your body can do & how it helps you do things that are meaningful to you

Focus on what helps you fuel your body & celebrate all bodies and their strengths (including body diversity)

Focus on honouring your body's needs and preferences (e.g., eating foods you enjoy, resting)