## THIS IS A BODY POSITIVE SPACE

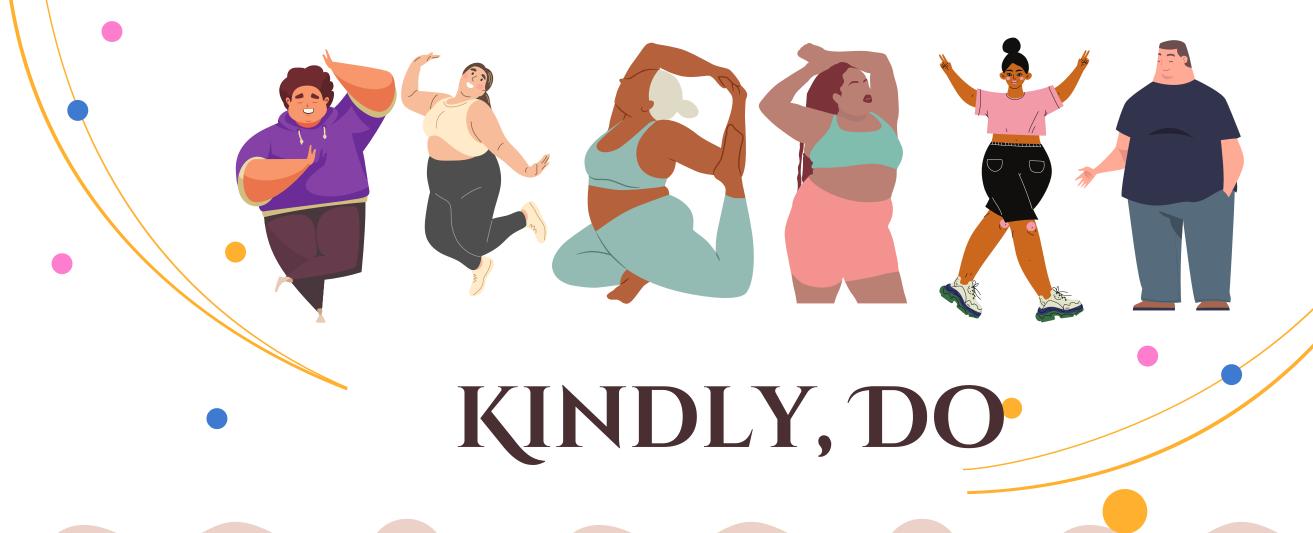
Join us in creating a space that is safe, supportive, joyful and body positive during Body Image and Eating Disorder Awareness Week (BIEDAW) and beyond!

## 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)



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)

Eating Disorders Training Australia