Words about bodies matter

You can enjoy a friend's ideas, kindness, or company without commenting on their size or how they look.

A compliment about someone's actions:

A kind way to change body talk:

An adult I can ask for help:

"Let's talk about something other than how people look."

I do not need to look like anyone

Bodies grow in different ways. Differences in size, skin, hair, or ability do not decide who deserves respect.

"Someone's words about my body are bothering me. Can you help me?"

Tell a safe grown-up if worries about your body, food, or growing are taking up a lot of your day.

A grown-up who listens:

988 Suicide & Crisis Lifeline

Call or text 988 for crisis support.
Immediate danger? Call 911.

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My Body Deserves Care

Bodies come in many forms. Every kid deserves respect.



I can care for my body on all kinds of days.

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Mile or a Millimeter

01 / DRAW IT OR WRITE IT

Care can look like this

Draw a kind way to care for yourself. It might be resting, eating a meal, asking for comfort, or enjoying play.

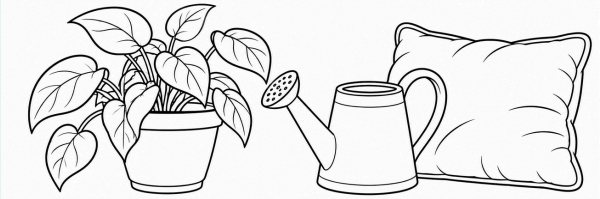
My care idea:

What I might need help with:

My body deserves care even when I do not feel good about how I look.

02 / SOMETHING TO TRY

I am more than my looks



Color the plant. Like caring for a plant, care takes attention. You are also a whole person with your own needs.

Something I like doing:

Something I care about:

A kind thing I want people to notice:

My worth does not depend on an ability.

03 / MY SMALL PLAN

A kinder next moment

Choose a way to practice respect. You do not need to love every part of your body to treat it kindly.

- ☐ Ask for comfort or a break.
- ☐ Wear something comfortable.
- ☐ Ask an adult about a body worry.
- ☐ Notice a person's kind actions.

One thing I can try:

Who can support me:

"I have a question about my body. Can we talk?"