

# Embrace.

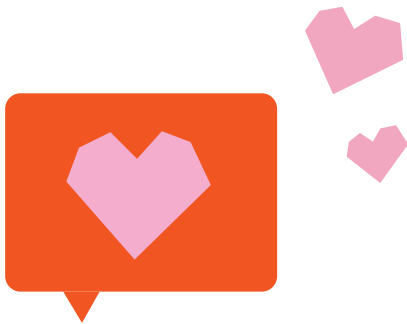
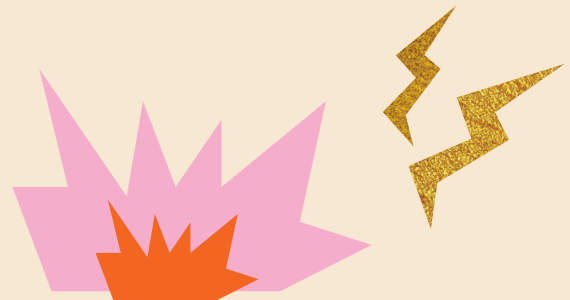


## 1. CELEBRATE DIVERSITY.

Every body is worthy of love and respect. There are so many different types of people, looks, and bodies- it is these differences that makes our world an exciting place to be. No matter what we look like, we fit in, we are accepted- and we belong.

## 2. FOCUS ON FUNCTIONALITY.

Our bodies are instruments, not ornaments. Bodies are amazing – they help us to move, be creative, experience the world, and interact with others. We can trust that our bodies know what they are doing.



## 3. BE KIND TO YOURSELF AND OTHERS.

Practice being curious instead of being critical of others and practice self-compassion in terms of our thoughts and our actions.

## 4. FOCUS ON REAL ROLE MODELS.

Seek out content from people who inspire and that you admire- because of what they are doing and who they are being rather than what they look like.

