



# Body Positive Conversation Toolkit

**Who on social media do you look up to for body confidence?**



This is to help young people understand how social media can influence their relationship with their body.

**What do you love about yourself?**



This can be physical, social, or emotional attributes. Encourage them to list multiple attributes.

**What makes you feel confident?**



Encourage the young person to list 3 attributes internally or externally that allows them to feel confident in themselves.

**How do you take care of yourself?**



Suggest examples such as; creativity, sleep hygiene, movement, and or positive supports and relationships.

**What safe relationships do you have inside or outside of school?**



Encourages the young person to identify safe people they can seek support from.

**List three characteristics you are grateful for that your body does for you.**



Encourage your young person to be accepting of all people size, shape, religion, identity and preferences.

**How do you and your friends speak positively about yourself and others in regards to body positive?**



Encourage the young person to practice body gratitude as it allows them to create a healthier attitude towards their body.

**Who is enforcing these ideals and what can you do to challenge them?**



This assists the young person in identifying sources that prevent optimal body positivity (i.e., social media, movies, songs, etc.)

**If you are concerned about your young person please reach out to the DSC Wellbeing Team or Butterfly Foundation 1800 33 4673.**