

Your body is **unique**.

No one has a body quite like yours and that's amazing!



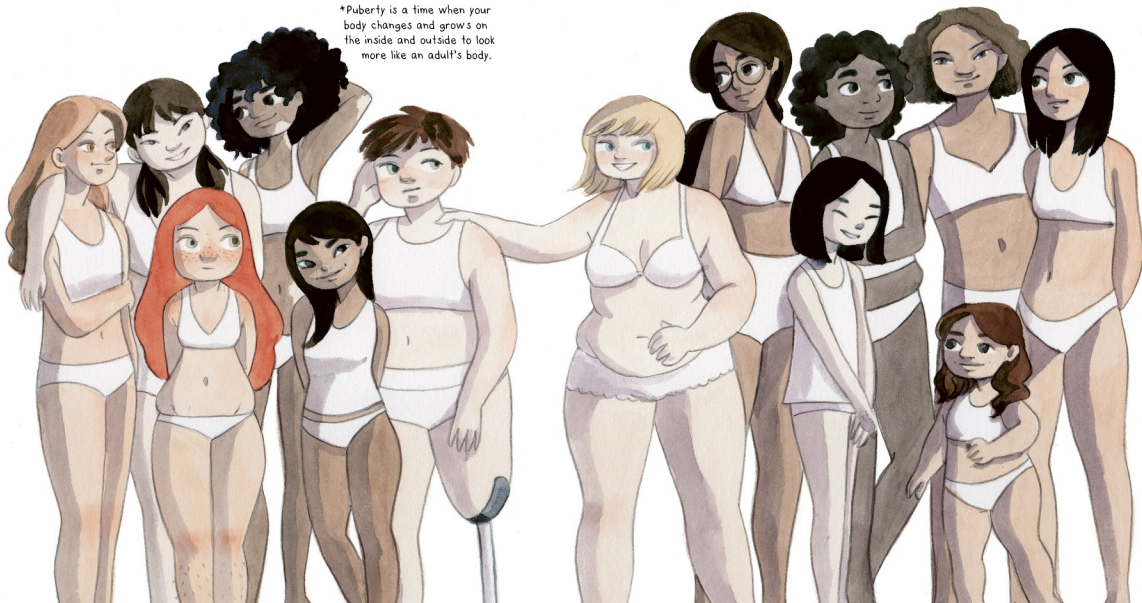
Every body is **different** and **EVERY** body is a good body.



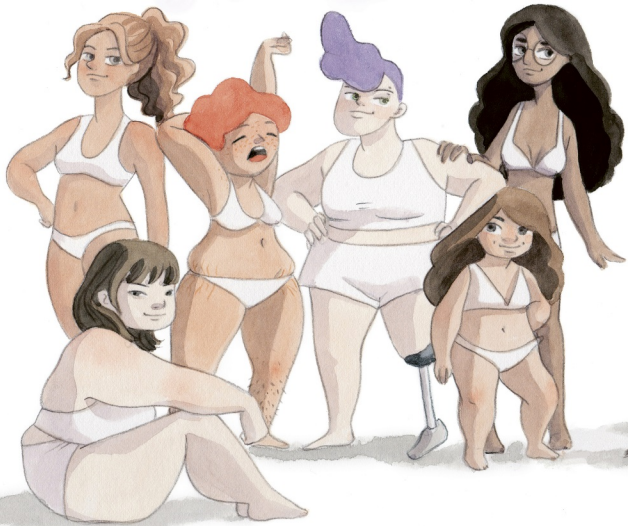
Your body is always changing and you will notice some of the biggest changes when you go through puberty*.

*Puberty is a time when your body changes and grows on the inside and outside to look more like an adult's body.

Going through puberty can feel like a weird time. Your body will change on the inside and the outside. Your body will become bigger and it will take up more space, and that's okay!



Bodies come in all different forms and abilities. All these bodies are different and all these bodies are good bodies.



There is no one size, ability or colour that is perfect. What makes you different makes you, you – and you are amazing!

