

Be Body Kind

*The School Based Youth Health Nurse talks about...
the importance of being Body Kind*

In a world where we can be anything, Be BODY Kind. It starts with you!

Encourage everyone in Australia to be kind to their own body and to others through healthy body image.

Tips to be Body Kind

- Speak to your body in a way that is kind
- Eat for fun and to nourish your mind and body
- Listen to your body. What does it need?
- Make fewer body and appearance comparisons
- Stop the body bullying Online and Face to Face
- Respect differences
- Celebrate what your body can do
- Digital Check in – unfollow accounts that bring you down and seek out those that lift you up. Find new follows, try searching on a tag for something you're interested in or passionate about like #baking, #bookstagram, #photography, or #nailart.

👉 For more information, visit: [Support for Eating Disorders and Body Image Issues | Butterfly Foundation](#)

Podcast aimed at Parents: [Parents - Ask Me Anything about your teens' body image - Butterfly Foundation](#)

To make an appointment to see the nurse, students can:

👉 Email: nurse.mtgravatt@health.qld.gov.au

👉 Self-Refer via this link: [School Based Youth Health Nurse - Young Person Self-Referral \(Page 1 of 6\) \(office.com\)](#)

👉 Visit your School Based Youth Health Nurse office on Wednesdays and Thursdays, located upstairs in the Admin Block.

👉 For more information, visit <https://bit.ly/chqSBYHN>

