



South Tyneside Council

LET'S
TALK

BODY
IMAGE

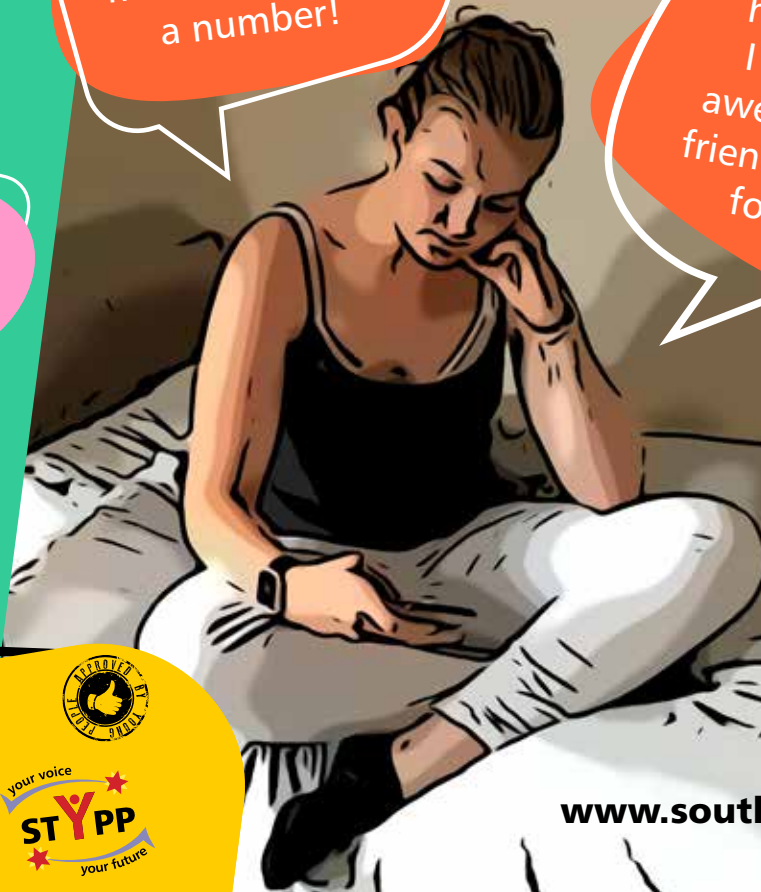
Likes on social
media don't define
me! They're just
a number!

Who cares
how many likes
I get, I have an
awesome group of
friends who love me
for being me!

#thisisme

#spreadthelove

#loveyourself



The best start in life



[www.southtyneside.gov.uk/
bodyimage](http://www.southtyneside.gov.uk/bodyimage)



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"If you're
confident people
will see that, not
your skin"

"It's only
temporary, I'm
sure it will look
better tomorrow"



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"Why do you care
what he's eating,
just concentrate on what
you're eating!"

"How would you
feel if you heard that
comment said about
you? Think about what
you're saying!"



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