BeYOUtiful
RADIATE CONFIDENCE, CELEBRATE DIFFERENCE & EXPRESS YOURSELF

WRITTEN BY
SHELINA JANMOHAMED

ILLUSTRATED BY
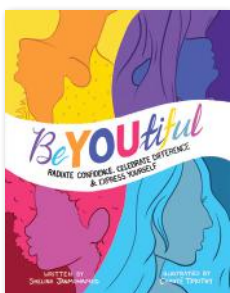CHANTÉ TIMOTHY

BE A GOOD IMAGE DETECTIVE

Many of the images we see aren't 'real life' and there's a risk they might affect you. And if they do, it can create a negative body image, and then that can make you feel bad and stop you doing things. So what can you do about it? GOOD QUESTION! The important thing is to train your eyes and mind like a superhero so that it doesn't affect the way you see yourself, and so that you keep up your positive body image.

QUESTIONS THAT GOOD IMAGE DETECTIVES ASK THEMSELVES

All the images in the media have one thing in common: someone created them. And they did it for a reason. Understanding these reasons helps us to understand the impact of the image on us. Every creator has their own ideas about the world, and that comes through in the pictures they create. Ask yourself:

- Who made the picture – a company? An individual? If so, who?
- Why did they make it? To sell something? To attract 'likes'? To say this is the way to be beautiful?"
- Who is the picture for? Kids? Girls? Grown-ups?
- Does the image want you to do something differently? Do you want to do that?
- Does the image differ from what you might expect a normal person to look like? How? Why? Is it even realistic? And is anything left out?
- How does the image make you feel? Do you like the feeling or not? Why do you feel you need to pay attention to this image?
- Can you reject it if you want?

@KidsWelbeck

@WelbeckKids

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THE PROMISE

Here's Shelina's: *I promise to wear my heart glasses whenever I look at myself and the people around me and to see the beauty in who we are. Not what others tell me. I'll work hard to make sure all of us believe we are beautiful.*

WRITE YOUR OWN PROMISE TO YOURSELF HERE, WHERE YOU CAN LOOK BACK AT IT OFTEN:

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@KidsWelbeck

@WelbeckKids
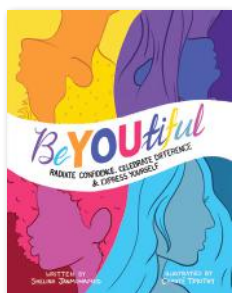
MAKE YOUR OWN HEART GLASSES

It's **you** that decides what is beautiful and makes it so. Recalibrate your eyes to see the beauty that is in yourself and is all around you.

You can choose to see beautifully. Once you've put on your 'heart glasses', it will change how you see the world and yourself.

WHY NOT MAKE YOUR OWN HEART GLASSES TO PUT ON USING THE TEMPLATE BELOW? YOU CAN COLOUR THEM IN HOWEVER YOU WANT.
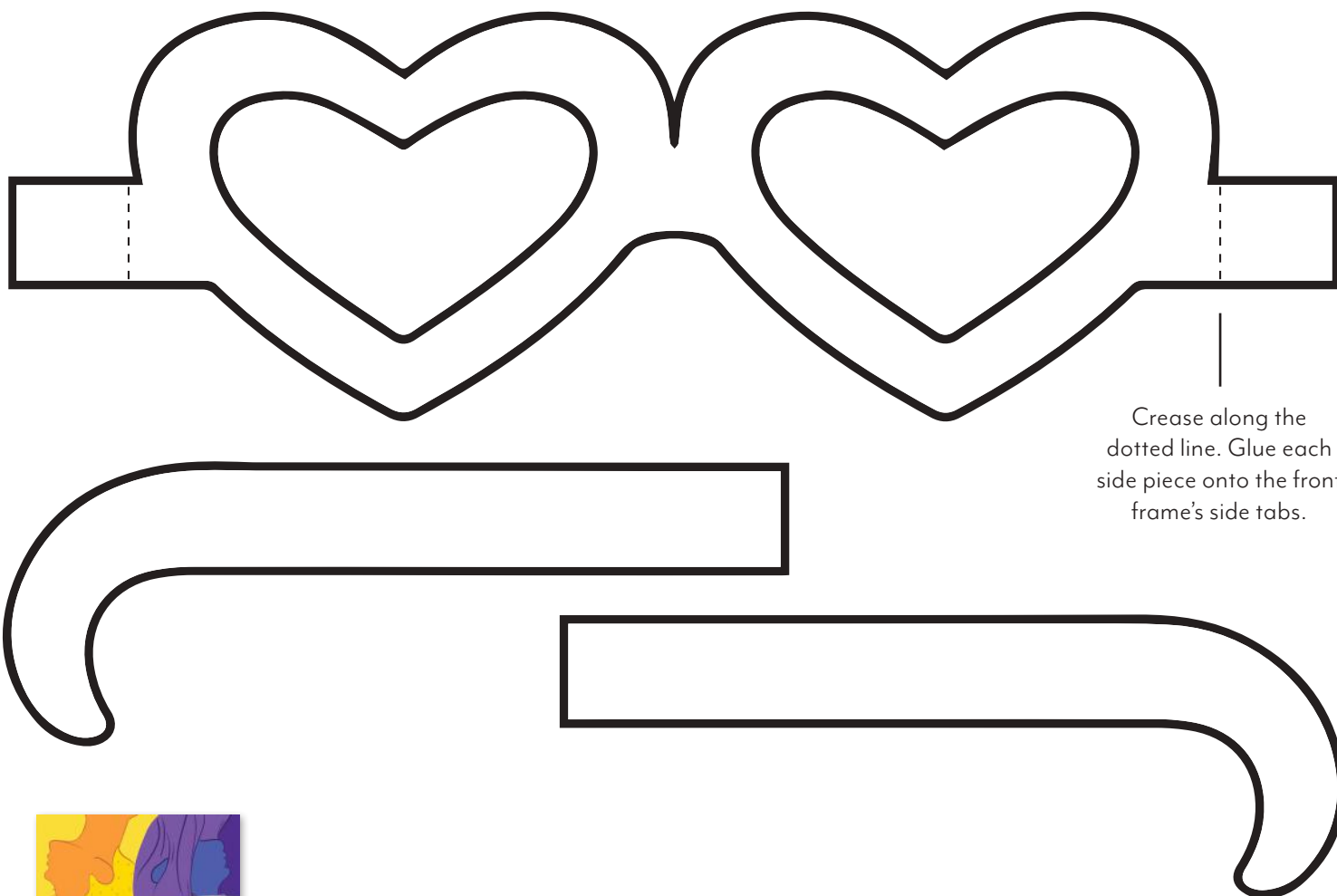
Crease along the dotted line. Glue each side piece onto the front frame's side tabs.