

# Helping you help the kids in your care be friends with their bodies

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## Who we are

Body Happy Org is a social enterprise dedicated to promoting positive body image in children and teens. We work with schools, youth clubs and parents to help them create environments that allow the body esteem of the kids and young people in their care to thrive.

Through workshops, online resources, books and advocacy programmes our purpose is prevention – of the bullying, body shame, disordered eating and associated health issues that arise from poor body image. We are creating a culture where all children and young people are given the chance to be friends with their bodies, and to treat other bodies that do not look or function like their own with respect, dignity and kindness.

## What we do

- Professional development workshops for teachers, youth leaders, and anyone who works with children.
- Student sessions workshops for children and young people at schools and youth clubs.
- Online Masterclass and peer support for parents and caregivers.
- Body image teaching resources for schools, including lesson plans and schemes of work.
- Books, games and physical resources offering Body Happy gifting opportunities for kids.
- Advocacy and awareness campaigns and resources.

## Visit us at

[www.bodyhappyorg.com](http://www.bodyhappyorg.com)

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