

Your body is **unique.**

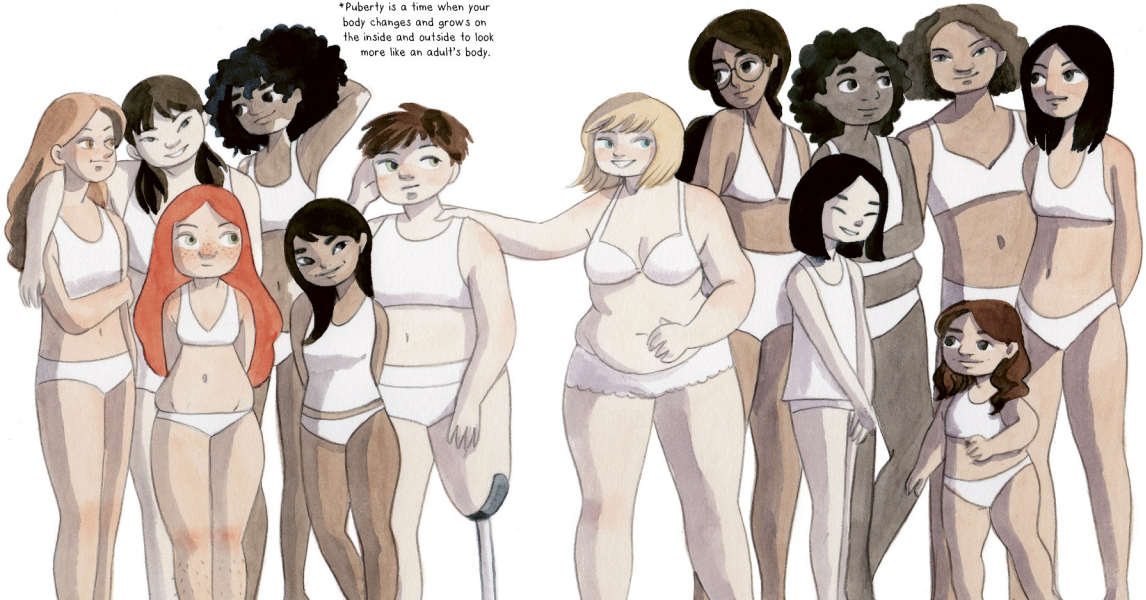
No one has a body quite like yours and that's amazing!

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*.

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!**

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



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!**

