

YOUR GOALS

to maintain a healthy self esteem
 to have self acceptance
 to be comfortable with your body
 to create a positive life perspective

**openup
 with Body Image
 resource**
 This **openup** body image resource was developed by Secondary College students and helps to open up class discussion about issues that may affect a student's wellbeing. If you have any concerns discuss with your teacher, school social worker, nurse, Chaplain or your parents.



1. fold backwards along this line and glue both sides together

5. fold backwards along this line

3. cut along this line

drawing by Art
 Kyrnos Secondary College

2. cut along this line

4. fold backwards along this line

