

Anna Tomas, Lara Giner, Arantxa Martos and Gema Fayos
Master's Degree in Secondary Education Teacher Training, Universitat de València

Acknowledgements

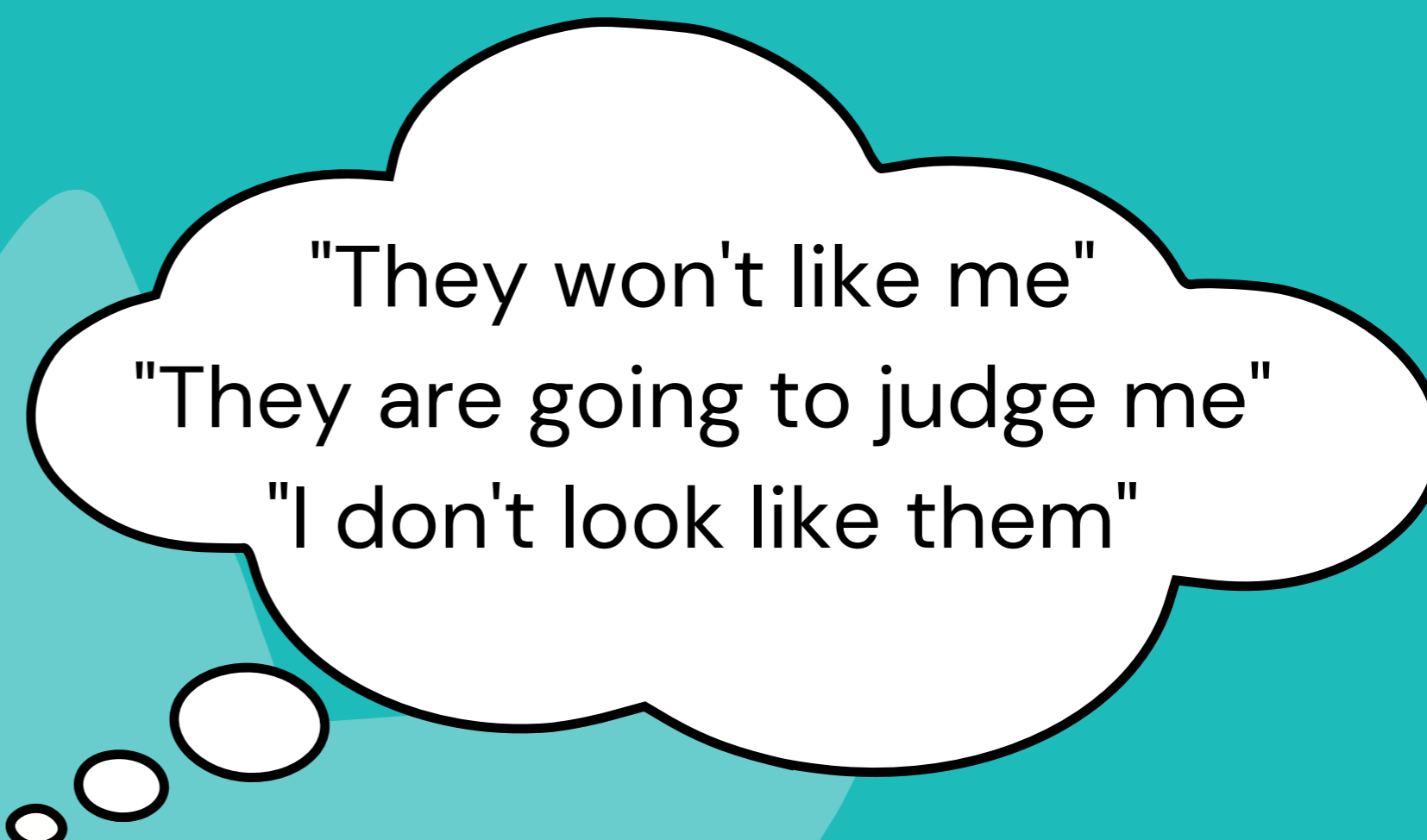
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BODY POSITIVITY



Have you ever felt
this way?

**BABY YOU
SHOULD
GO AND
LOVE
YOURSELF**



Social networks can be a toxic environment for young people. Here are some judgement free accounts on social media to inspire your journey towards body positivity.:

@croquetamente
@freeda
@jameelajamil

DID YOU KNOW?

Body positivity means that people deserve to have a positive body image, regardless of society's standards.



**EVERYTHING IS
NEVER AS IT SEEMS**



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MORE THAN A BODY



*Loving your body all
the time is hard, and
that's okay*

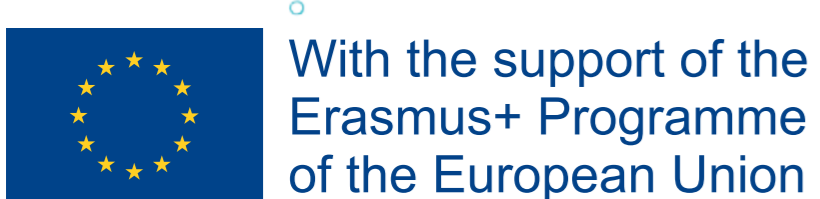
*My body can do
incredible things
for me*

*My body
deserves respect
no matter what it
looks like*



Sara Blázquez, Miriam Pardo and Estrella García

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I DON'T KNOW ABOUT YOU, BUT I'M FEELING..

A FOR AWESOME
B FOR BOLD
C FOR CONFIDENT
F FOR FLAWLESS
G FOR GORGEOUS
I FOR INSPIRING
J FOR JAW-DROPPING
L FOR LOVELY
M FOR MUSE
P FOR PRETTY
R FOR RESPECTFUL
S FOR SELF-ACCEPTING
V FOR VALUABLE
W FOR WONDERFUL
Z FOR ZEALOUS



VOCABULARY MATTERS. ALL BODIES ARE WORTHY

Vicent García, Jorge Santamaría and Raúl Sáez

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All bodies are valid



1.Armin Rimoldi 2.Vlada Karpovich 3.Michelle Leman 4.Cottonbro 5.Armin Rimoldi 6.Cottonbro 7.Freepik

Andrea Pardo Salvador, Elena Ros Giménez and Silvia Semplice
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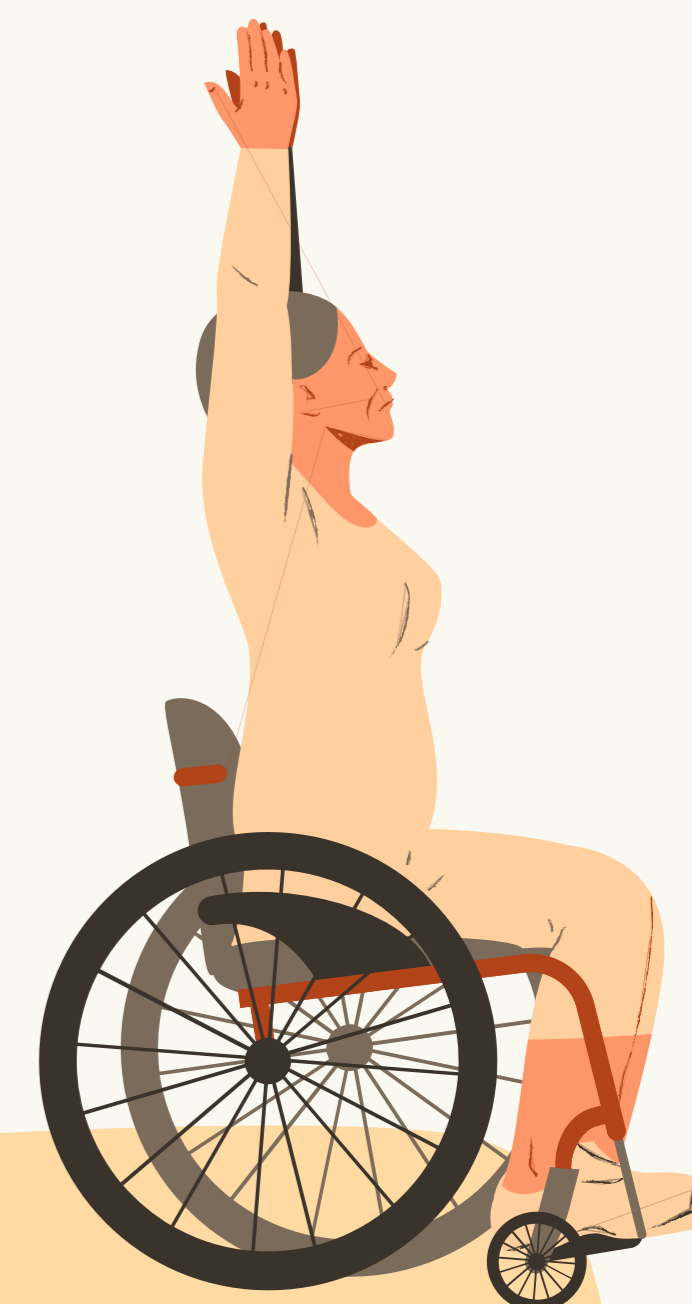
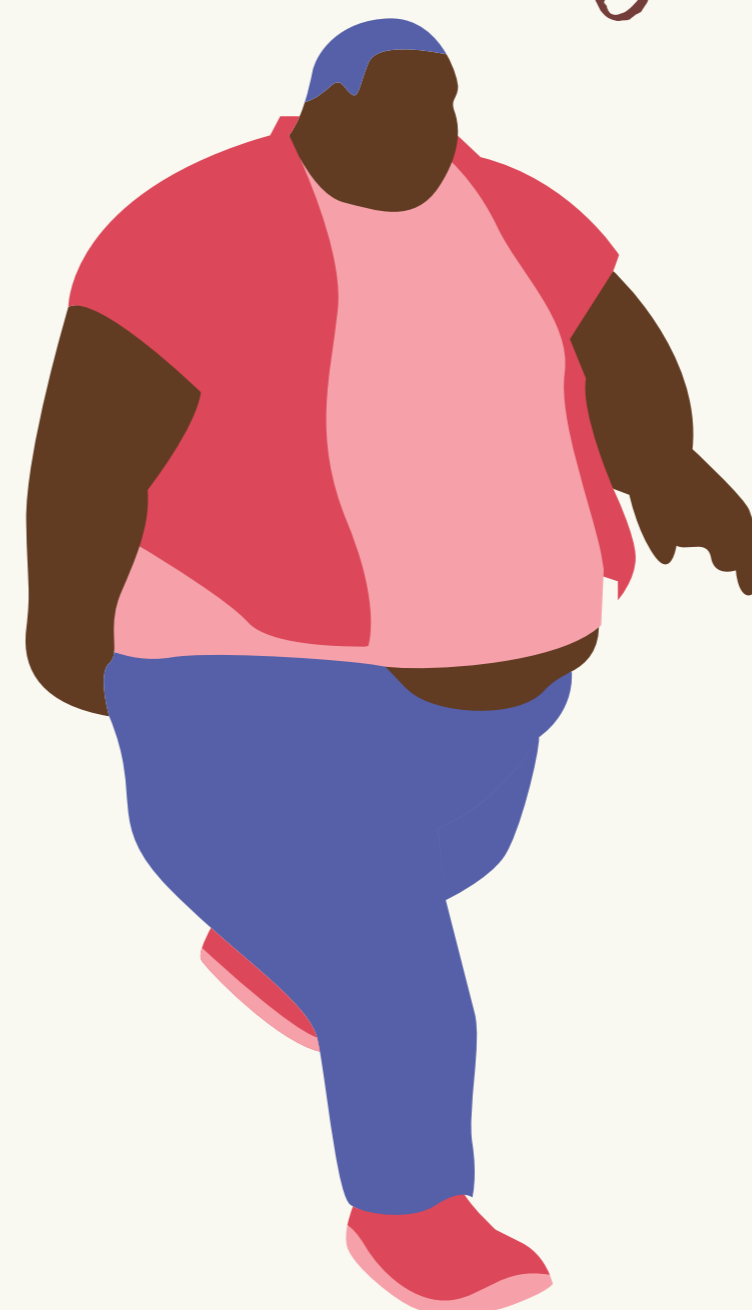
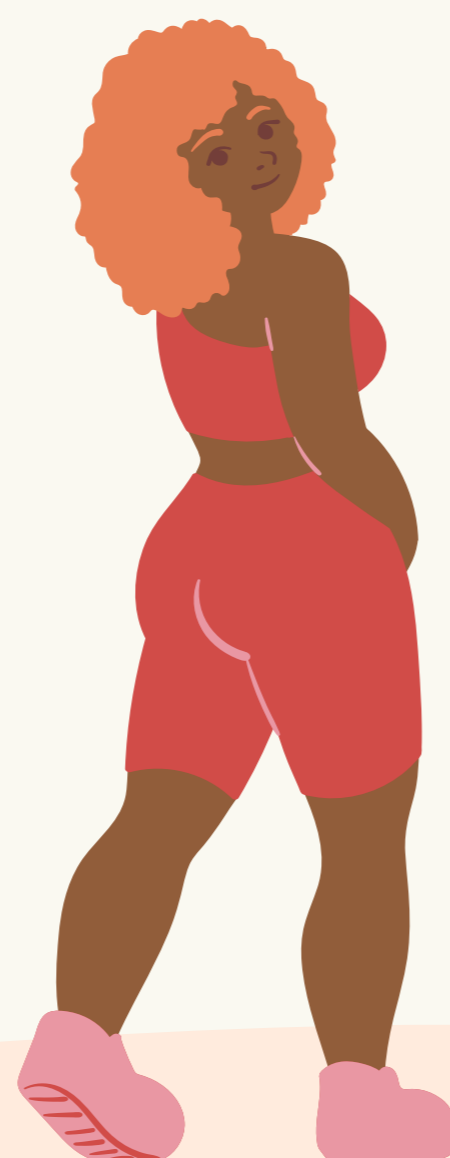
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You are enough

There is no wrong way to have a body

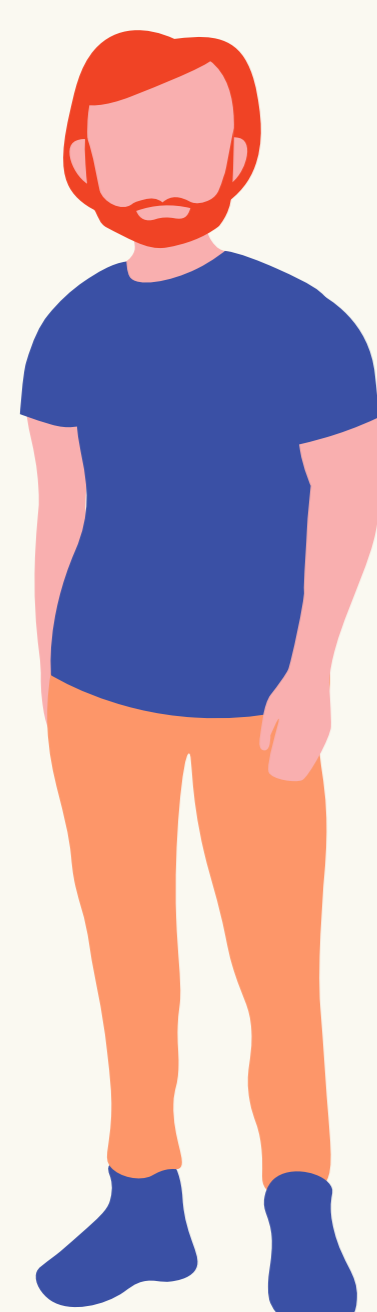
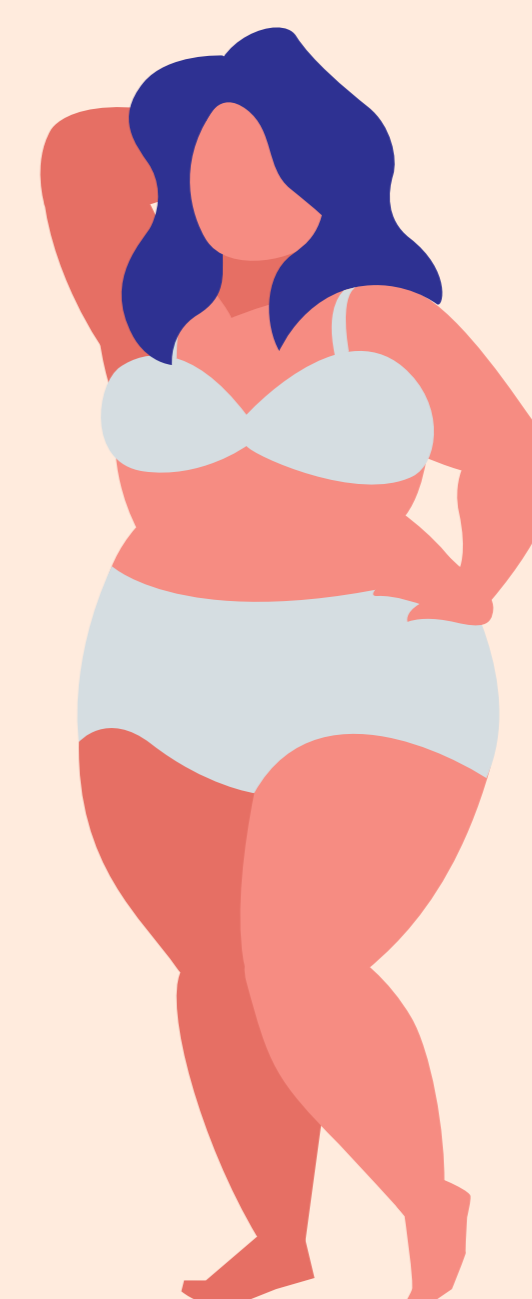
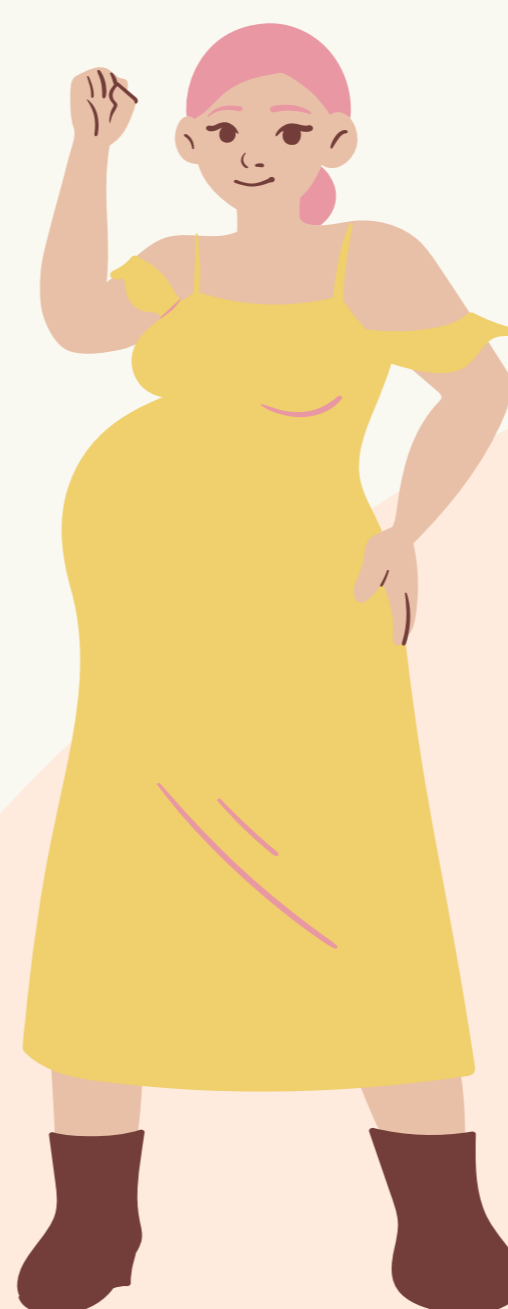
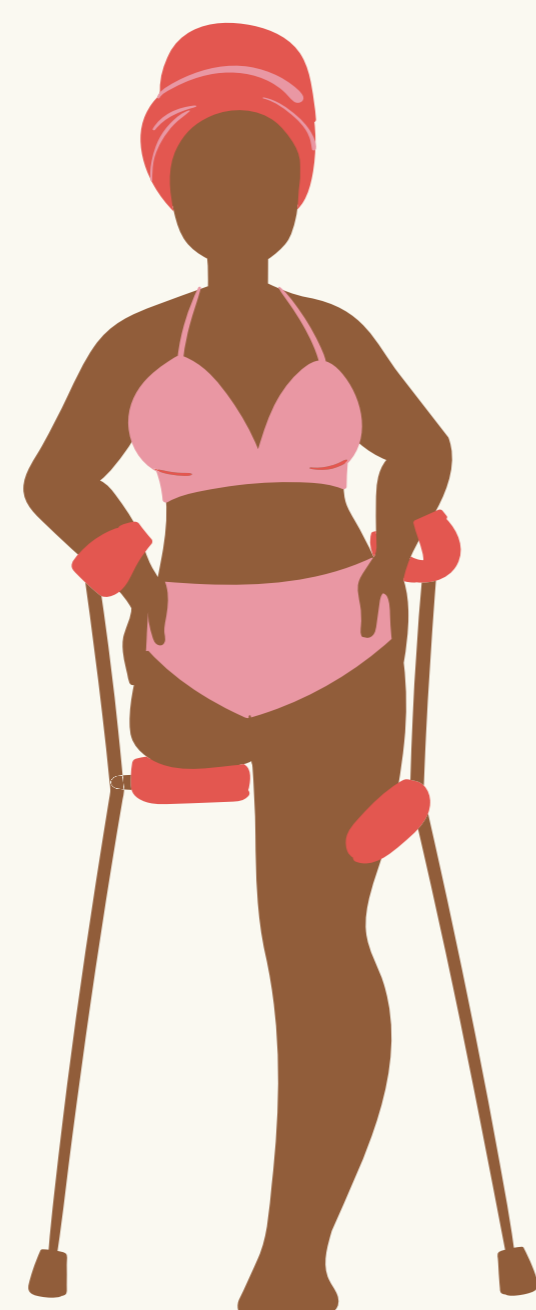


"Will I get the job?"

"Are they looking at me?"

"Will I be accepted?"

"Will they judge me?"



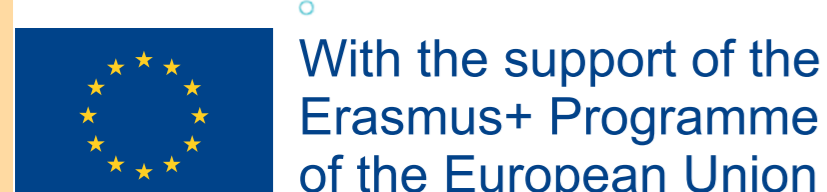
Paula Blas, Rosa Cebrián, Andrea Manent, Júlia Palomares and Laura Rita
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YOUR BODY

DOES NOT DEFINE

YOUR FEED

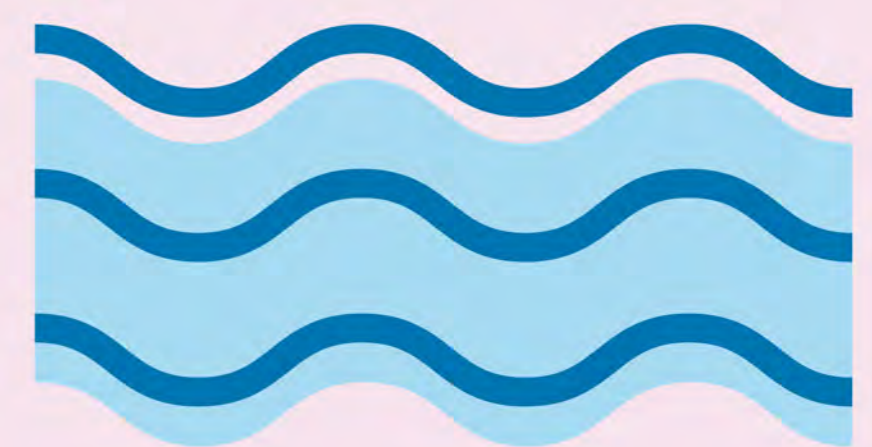
HOW TO GET

Beach ready?

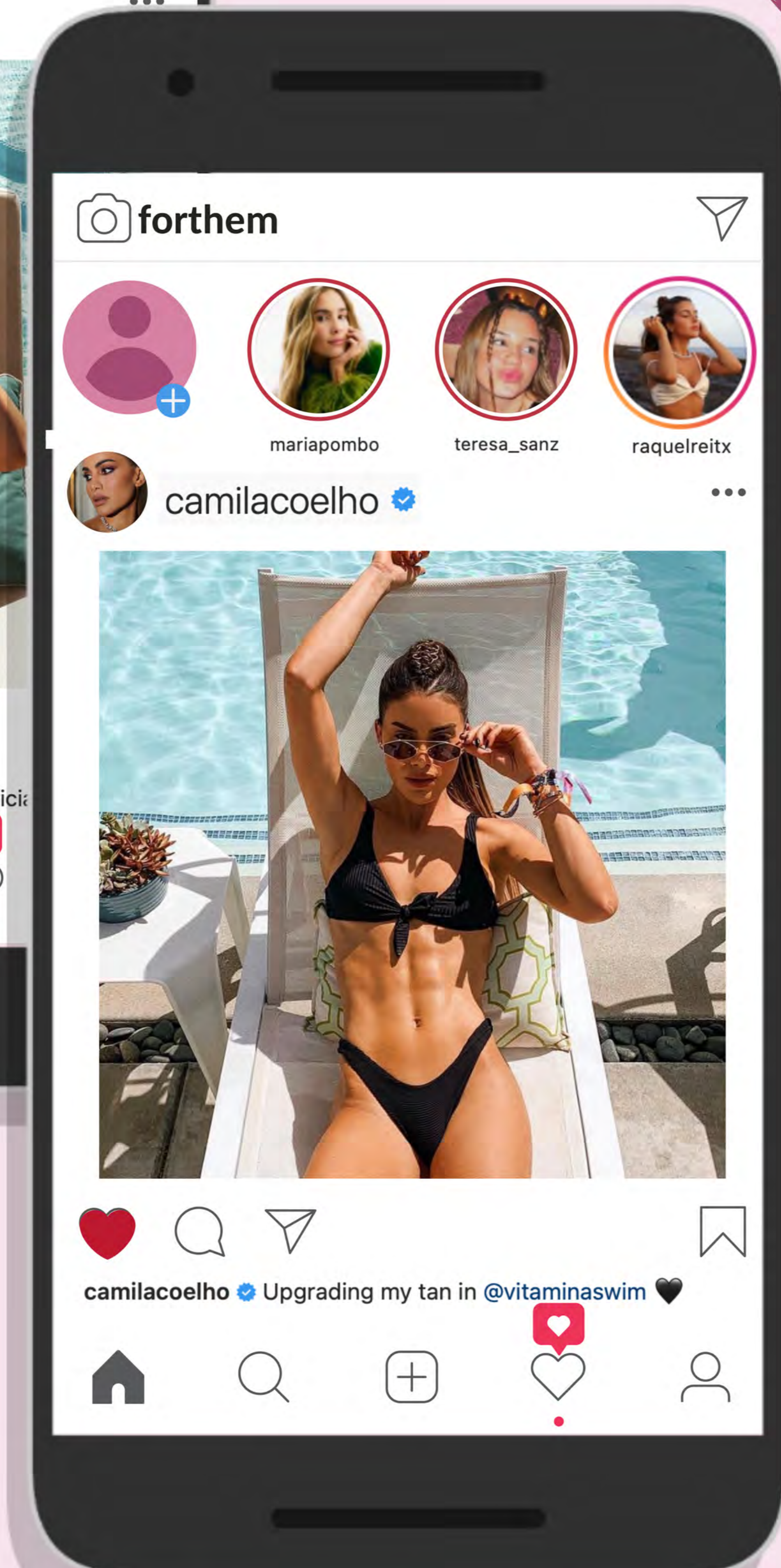
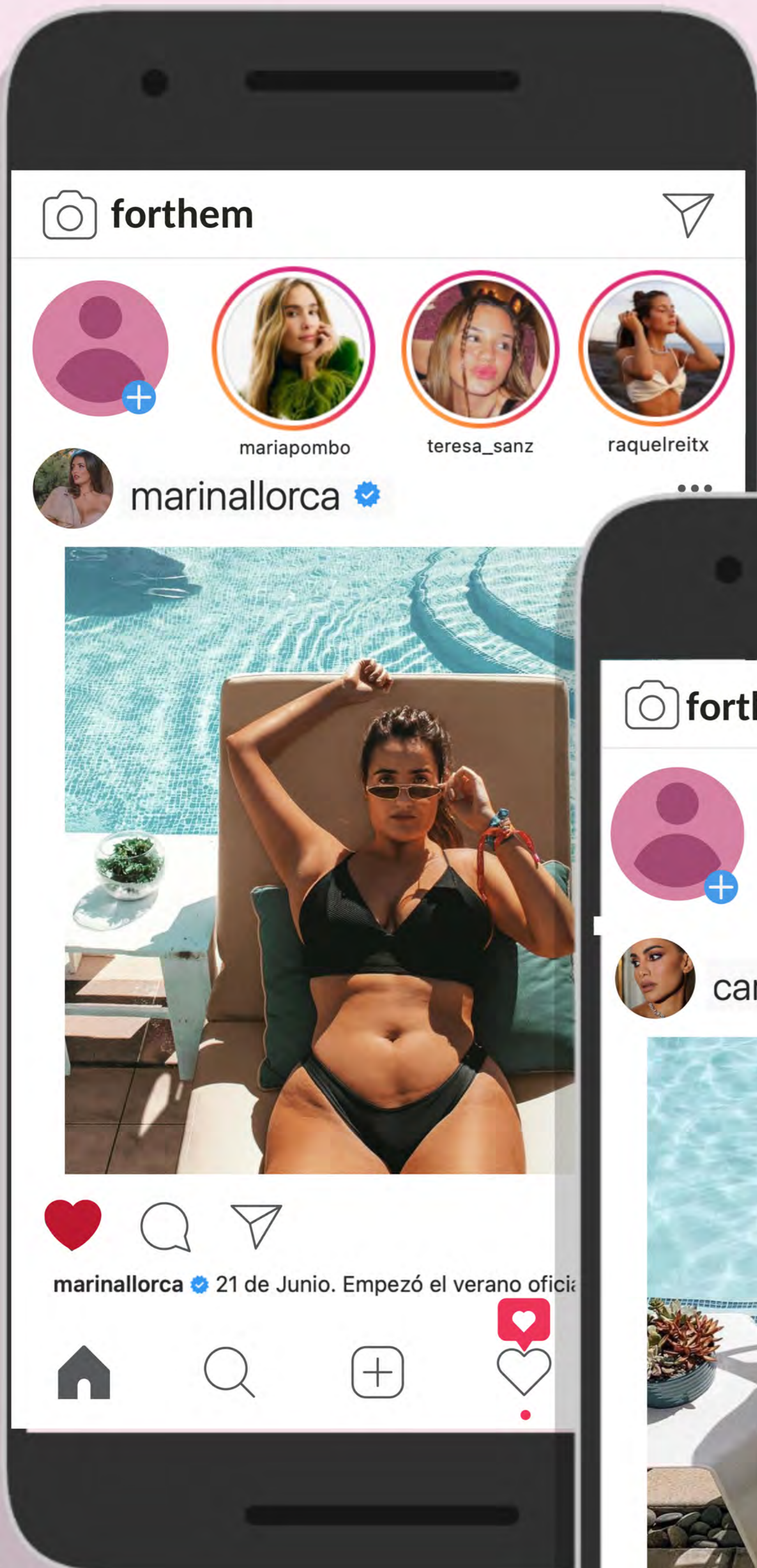
1. Put on your bikini



2. Go to the beach



3. Post your favourite photo



Clàudia Carrasco, Blanca Doménech, Alba Iborra, Paula Fons
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Surrounding yourself with **body-positive people**



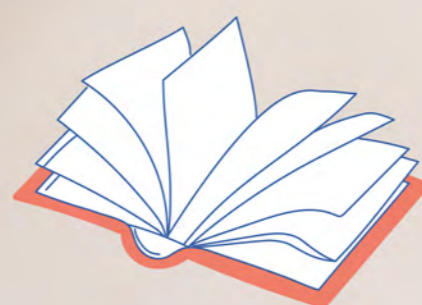
Empowering your **strengths**



Eating for your health, not for your body



Exercising both your body and your mind

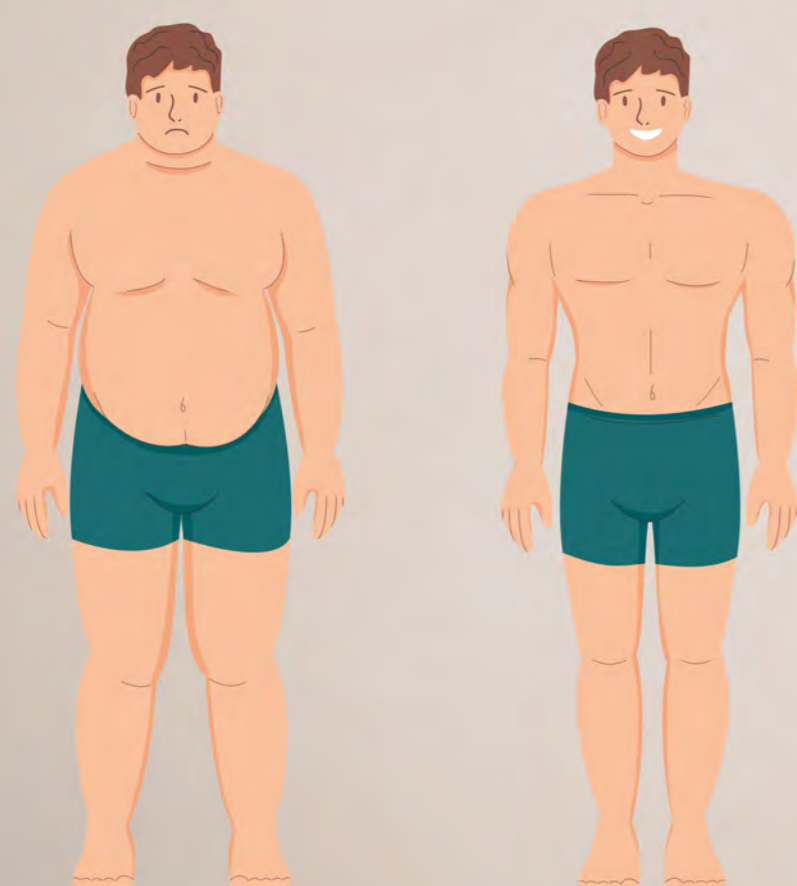


Loving what makes you **special**



What is **BODY POSITIVITY?**

Avoiding comparisons



Overcoming negative thoughts



YOU
are a standard of beauty

you are enough

Nuria Cervera, Salima Choulli and Ana Gómez

Master's Degree in Secondary Education Teacher Training, Universitat de València

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Normalize normal bodies

Body neutrality has its foundations in what your body does, not how it looks.

Your body allows you to:



Move your body because you love it, not because you hate it

Work on yourself and respect your body



@danaemercer

Your worth is not defined by your body

Loving your body must not be an imposition

Take control of who you follow on social media

Amparo Martínez, Raquel Reche and Anna Sirera

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