

## 4yourBody True Body Acceptance Pledge

1. I pledge to shift focus from the “appearance ideal” to accepting my body
2. I pledge to ban negative Body Talk comments about myself or other people
3. I pledge to stop investing time with media that engages in body shaming
4. I pledge to Change the Conversation and to be a positive influence in my school and community
5. I pledge to find joy and fun in the movement of my body
6. I pledge to be mindful and aware of all the good things that my body does for me

