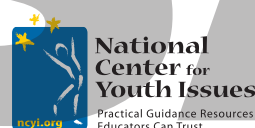


For practical resources including
websites, suggested reading material, games,
and interactive lesson plans, please visit
www.ncyi.org/perfectlyyou

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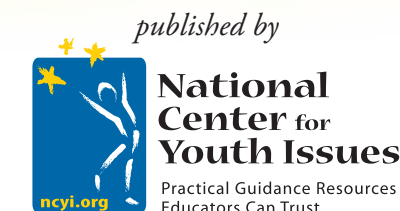


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Accept Yourself

Look around this big world, and notice what you see.

Because nobody is like you, and nobody is like me!



Some bodies are **BIG**,
and some bodies are **small**.
Some bodies are **short**,
and some bodies are **tall**!

Don't compare yourself to others - just be happy with you!
Accept your body and other bodies too!