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**Mirror**

**Love**

**Join the Campaign** to show yourself love and appreciation and move beyond body hate

**HOW TO PARTICIPATE**

1. **Stare at Yourself:** Get in front of the mirror and for 3 minutes compliment yourself. Compliment your physical appearance, your abilities, and your personality.
2. **Snap and Share:** Write or draw a *#MirrorLove* message to yourself onto a mirror. Then take a selfie with it. Share the image on social media with the hashtag *#MirrorLove*to inspire other girls to do the same.
3. **Pledge:** Take a pledge to yourself to be that girl in the photo. Whenever you start thinking negatively about yourself, try and remember feeling empowered by your *#MirrorLove* message.
4. **10 Days of Compliments:** Stand or sit in front of a mirror for 1 minute every day for 10 days. Don’t do anything but look at yourself. Any time a negative thought comes up, compliment yourself in a way that counters that thought.

**If you are experiencing anxiety, depression or disordered eating, get HELP or SUPPORT**

#### **Kids Helpline**

If you need to talk about anything, you can call, email, or have an online chat with Kids Helpline. Visit [www.kidshelpline.com.au](http://www.kidshelpline.com.au) or call 1800 55 1800

**The Butterfly Foundation**

If you are having negative thoughts and feelings about your body or want more information on body image you can call 1800 33 4673 or chat online. Visit [www.thebutterflyfoundation.org.au](http://www.thebutterflyfoundation.org.au)

**Youth Beyond Blue**

If you are going through a tough time and feeling sad, down or anxious you can call 1300 22 4636 for support or chat online. Visit [www.youthbeyondblue.com](http://www.youthbeyondblue.com)

