

**Competition**



**BODY  
GOSSIP**  
tell everybody...

## What's your Body Gossip?

**Media pressure or peer pressure?**

**Unrealistic beauty icons or airbrushed magazines?**

**Size 0? Size 20? Big, small or something in between?**

You can be male or female, aged 10 or 110; if you have something to say about body image, we want to hear your story. Stories that will inspire people, encourage and reassure. Stories that could change the world.

Tell us your 'Body Gossip'. Your story can be a monologue, a duologue, a poem, a rap - whatever you want! The style of each piece is up to the writer, but each story should be no more than five minutes in length when read aloud.

If your story is chosen as a winner, it will be performed by one of the Body Gossip Celebrities on film and you will receive full writing credits. You can even submit your story anonymously if you'd prefer.

Full terms and conditions can be found at [www.bodygossip.org](http://www.bodygossip.org)

### Inspiration

If you aren't sure where to start, take a look at our story of the week for inspiration. You'll find them online at [www.bodygossip.org](http://www.bodygossip.org)

### Still stuck?

Why not write a letter to your body. A 'Dear Body' letter is a great way to express your feelings about body image and inspire people with your story. Tell your body how you feel about it, how you've treated it and what you want from it in the future. Write about memories you have of your body and any pressures or problems you've had. You can also end the letter with a positive message for the future.

**Use the template below to help you.** 

Use the template below to help you express your feelings about body image and inspire people with your story.

**BODY  
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tell everybody...

Dear Body,

- Describe your body.
- How do you feel about it?
- Why do you feel this way?
- How do you treat your body? Do you have a healthy lifestyle? Do you always treat your body as you should?
- Do you feel any pressures to look a certain way? Are you able to overcome those pressures? How?
- Describe your view on the media portrayal of beauty.
- Describe what your body does for you? (Do you play sports, have a family to take care of, have a gruelling schedule?)
- What do you want from your body in the future? (e.g. do you want to be a star footballer, travel, tour with your band, work as a nurse?)
- How will your body help you achieve those goals?
- What positive message could your body teach others? (You could encourage others to have a healthy, realistic view of body image or stress the importance of taking care of our bodies?)

Love,

[Your Name]