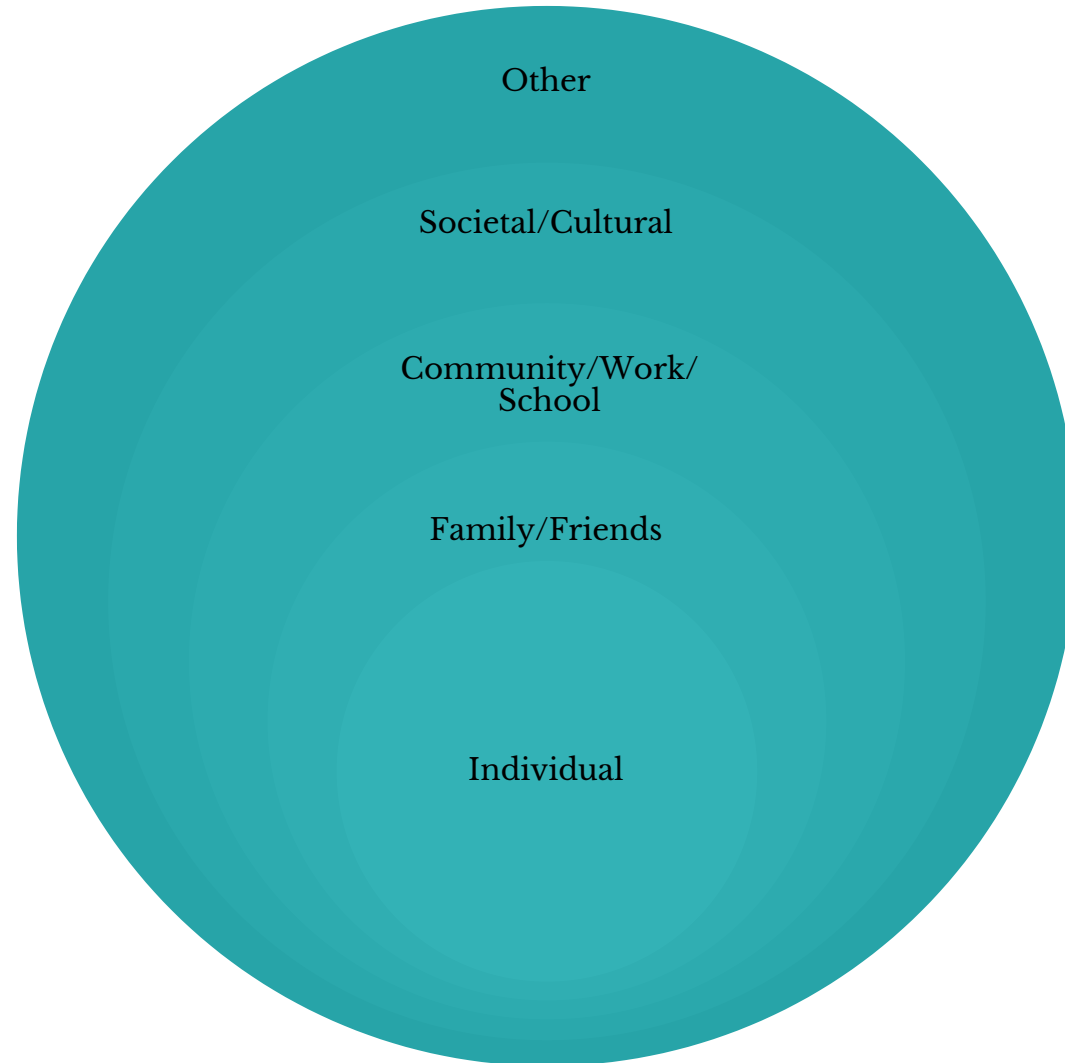


Navigating Body Shame Triggers



	Remove	Reduce	Protect
Individual			
Family/Friends			
Community/Work/School			
Societal/Cultural			
Other			