

HOW TO FEEL BODYPRIDE

87% of LGBTQIA+ youth say they compare themselves to others on social media. Muting, unfollowing or blocking accounts that make you feel negatively about your body or identity can help.

Disable or hide negative, hateful comments by using Instagram's 'Hidden Words' feature in privacy settings.

Follow people with diverse bodies and appearance - representation matters! View content that makes you feel #BodyPride, empowered and inspired.

Share authentically by avoiding the use of face or body-changing filters and apps – showcase the real you!

