



Campers and **body diversity**... ...**Show your true colours and dare to be different!**

11 In camp: Fun for everyone

Every camper **belongs**



See the
SU Guide

My activities 43

Encourage all campers to take part, regardless of their **physical characteristics**.

Respect individual **differences**, because each camper is unique.

Develop a **sense of belonging** within the group.

55 Choose your words: Have a good influence

Acknowledge the **skills, strengths, and qualities** of every camper without referring to their physical appearance.



418 648-6618

info@goshapeup.ca

goshapeup.ca



The Shape Up training program is funded by:

Secrétariat
à la jeunesse

Québec 

