



Your Magic Mind and Body



**STEVEN
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It's another great day in Beach City. Steven, Connie and the Gems sit outside in the sun, immersed in deep conversation, when Steven realises that they are not alone.



Hey! What's up? Good to see you!

We're creating a book about the magic bodies of Crystal Gems. Please come join us!



Now, where was I? Oh yes!

So, here's how it starts: The Gems are made of light! They are physical projections coming out of their gems. Everything their body does is controlled by the power in their gem!



Hey, you're kind of like that, too!

You have a brain and an organic body. Your brain sort of works like a gem because everything your body does is controlled by your brain! It controls your reflexes, your heart beat, the movement of your eyes, the rhythm of your breathing, and more!

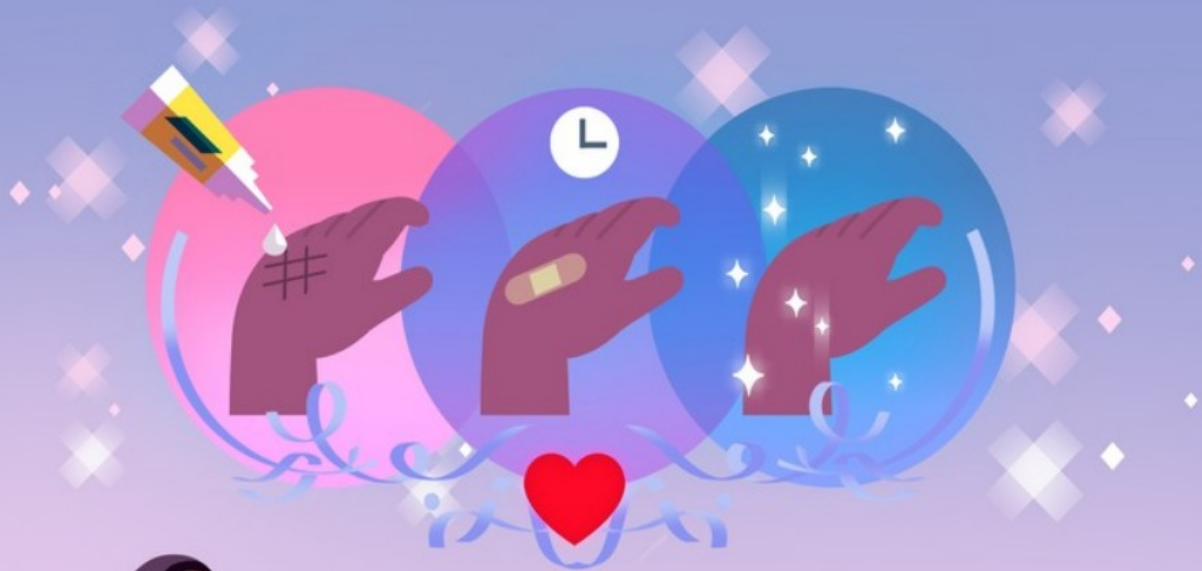


Wow, that's incredible!



Anyway, back to Crystal Gems!

Gems can change themselves. If they poof, they can retreat into their gems to heal. They can reinvent themselves while they're at it, concentrating on getting stronger.



Hold on! Humans are like that, too!

Her body is healing and reinventing itself constantly, even when she is up and about! If she gets a scratch, her body creates new tissue. It can even repair a broken bone!

Aaand... she doesn't even have to retreat into a gem to do it, although she DOES have to sleep! That's when the most powerful healing and growing happens!



Ah, sleep... It feels soooo good!



I like sleeping just for fun, but when you humans do it, it's actually **GOOD FOR YOU!**

How lucky is **THAT?!**

How cool is it to be able to step into a magical world of dreams while your body is growing and powering up for another day?



Ohh!

We were supposed to talk about GEM STUFF. Whoops, I got off track!

Okay. So, Gems have certain types. Like, for instance, I'm a Quartz! Gems come out of the ground fully formed! Isn't that incredible?





Humans aren't like that at all.

Actually, it's kind of amazing how humans are constantly changing! Just look at how humans grow from a tiny baby into a big kid!



Wow, that's even more incredible! How is this possible again?



Let me explain.

Humans need fuel to grow. After they eat food, the nutrients in it will become part of their body in the sense that they are used to build muscles and bones and brainpower.



Humans need different elements from different foods to build their body, like vitamins, minerals, and all kinds of things.

They can't get everything they need from a single piece of food, so they need to eat different foods to stay strong and feel good.



Wow, that is so interesting!





But, there is another power that is definitely unique to Gems: Our power to fuse!

Two Gems can combine themselves into an entirely new Gem with combined characteristics of the fusers.



Wait a sec! Humans are like that too!

They have the combined genes and characteristics of two other humans! Every single human is as unique and complex as a fusion!



That IS true! What else do you know about humans, Stevonnie?



So, humans change throughout their entire lives.

Some changes are only for certain periods. Like, humans grow taller when they are a child and an adolescent, but then they stop growing and remain the same height for the rest of their adulthood.



Other changes happen continuously, like their hair and fingernails growing longer every day no matter how old they are. Their skin also renews itself and the size and shape of their body changes throughout their lives. Did you know that when humans have a baby, their body can stretch so much that it fits another human inside it!



Faaaaascinating!!



Constant change also calls for constant grooming: teeth need to be brushed, skin needs to be cleaned...

It's really a lot of hard work! And if humans didn't cut their hair or their fingernails, they would turn into big hairballs with very sharp fingers and toes! That's actually pretty cool, though it might make it difficult to get around!



Changing and growing is mysterious and exciting. Humans don't know what height, size and shape they will naturally be when they grow up, or if they'll have freckles or wear glasses.



Of course!

That's why accepting yourself and other people the way they are is so important to humans!



Humans are so different from one another, and their bodies are changing all of the time. So, in order to be happy together, they must see all people and all bodies as equal and deserving of respect.



That's why humans have the power to love one another unconditionally, and accept one another as they are.

I wish a power like that could exist for Gems on Homeworld.



I know. Humans are so cool!



The Diamond Authority are powerful dictators that rule over Homeworld and its colonies.

They have absolute power over every Gem and judge everyone based on their colour and type.

They won't let anyone create a new way to be. That's why the Crystal Gems want to live on Earth with human beings.



Some humans can be like Homeworld Gems, too.

They think that one type of body or appearance, such as height or build or hair colour, is better than another, or that you have to act or look a certain way if you're a boy, a girl, or non-binary!



But that's just silly. Every human is unique and there are no rules on how to be yourself!



Exactly!

Imagine if EVERYONE did the same things, all of the time, and in the exact same ways. How boring would that be?!



The same goes for appearance. Just imagine if every single human looked exactly the same! They wouldn't even be able to tell each other apart! How confusing!! It's only when each human is allowed to BE UNIQUE that the world becomes fun and interesting.



Oh no! We've messed up this whole book! It was supposed to be about magic Gem bodies!



Says who? Maybe this book can be anything we want it to be!

I think human bodies are every bit as magical as Gems' bodies.



But then how do we end it?!



However we want!



Let's not end it at all. This is a book about you now. Your story will continue even after this book is over.



That is true!



It was really great seeing you!



Come visit us again soon! In the meantime, take care of yourself and your magic body! And don't turn into a hairball! No wait! What am I saying?! Be anything you want to be! Be your amazing self in whatever shape or form!



That's right!

But whatever you do, never forget all of the amazing things that your body and mind can do! That's the most important part!



And we'll always be here to support you when you need us!



We're in this together!

Hello!

We hope you and your child enjoyed this eBook! Rebecca Sugar and Sigrun Danielsdottir wrote it, and to ensure that it was grounded in scientific research, we also worked with body image experts and researchers, Dr. Helena Lewis-Smith and Professor Phillipa Diedrichs, from the Centre for Appearance Research at the University of the West of England.

Cartoon Network and the Dove Self-Esteem Project are partnering together to help build up body confidence and self-esteem in young people around the world. If you would like to find more resources to help your young person develop positive body image, please visit Dove.com/selfesteem to find articles and tools developed by experts to assist you.

Thank you!

The Steven Universe Team

