**Body Positivity Program**

by Neykid

**Body Positivity Program Pt 1**

I don’t why but I don’t really like the size of my breast. To me they are too small so I always padded my bra. It didn’t help that my friends had bigger breast than me and they teased me about it. They were barely a B cup. So a couple of days before my last day of high school I told my parents I wanted a breast enlargement. It didn’t go over too well.  
  
“Really Valerie you are too young to be getting that done plus you are fine the way you are.” Said my mom   
My dad agreed with her then he said “How are you going to pay for this?”  
  
I shyly said “I was hoping you would pay for it.”  
My dad burst into laughter at the idea of it which made me upset so I ran up to my room. After a while I came down for dinner.  
  
“Hey Val while you were up in your room I did a google search on young teens that want breast implants. One of the links I clicked on was a body positivity program. It is a new thing and it is put on by one of teachers at your school.”   
  
“So I have to go to summer school even though I graduated?”  
“I guess you could call it that.” My father said with a smile. “I don’t want you to do something you might regret and damage your body so I enrolled you in this program. You will start tomorrow.”  
  
“What I have no say in this?”  
“No not really because the surgery cost a lot and it is something can’t afford. But this is cheaper and will help you in the long term. I am just looking out for you kid.” My father said with a warm smile  
  
“Ok then dad I will do as you say.” I said knowing he had my best interest at heart  
I went back up to my room after dinner and phoned my friend and told her about the program.  
  
“What Mr Patterson our sociology teacher is doing this program? “Beth said in a perturbed manner  
“Yea but my parents already enrolled me in the program.”  
“But we hate him. Is this because you wanted implants?” Beth said angrily  
  
“Yes because my parents didn’t want me to do anything I would regret, plus they can’t afford it.”  
“ok but let me know how you get on tomorrow I want all the details.”  
“Alright I will, good night.”  
It took me ages to get to sleep because my brain couldn’t stop thinking about what I would have to do in this program.  
  
The next morning after my shower I looked at myself in the mirror. I cupped my breast but I still felt like my breast needed to be bigger. I got dressed in a pair of cut offs and a t-shirt and of course I padded my bra. I went down stairs and had breakfast by myself since mom and dad had already left for work. I so wanted to ditch this program and go to the mall with my friends.  
  
I begrudgingly walked out the front door to school like I have done to multiple times before. I was feeling depressed that I even had to do this course.  
  
I got to the school and went straight to the office and told the secretary I was here for the program and she told me the room number and also handed me an envelope. I walked out of the office and read the post it on it. It said to open immediately and follow all instructions.  
  
Now I got nervous as I opened the envelope. It contained a white tank top and a note which read, please put on without bra before coming to the classroom.  
I started to shake as I made my way to the washroom to change. I quickly changed and looked at myself in the mirror. My nipples were really sticking out and the top was sort of see thru. I started to panic and I got weak in the knees. There was no way I was going through with this and just then Mr Patterson came through the door and I screamed. I dropped to my knees to cover myself and I shouted at him to get out.  
  
“Ah Valerie you don’t have to be embarrassed. Please stand up.” He said as he held me by the shoulders and helped me up.  
“There that is better,here hand us over your t-shirt and bra.”  
I was sort of frozen in one spot as he tugged at my T-shirt and bra. I let him have it then he said “Come on then let’s go to the classroom.”  
  
I watched him leave then I slowly moved body towards the door. I could barely pull the door open and then I looked up and down the corridor. I forgot that hardly anybody would be in school since school was over. I finally made to Mr Patterson’s classroom and noticed that I was the only one.  
  
“I am the only one in this program.”  
“You sure are Valerie. It will be a little easier if it was one on one to ease you into the program. So have a seat.”  
I took a seat and he was silent for about 5 minutes.  
“Your parents told me you are not happy with your breast and so you want implants. Is that so?”  
“Yea I guess so.” I said as I swallowed hard  
“Why is that? Your breasts look fine.”  
I got so embarrassed at that comment that I covered my breast with my hands.  
  
“I know this is your first day so we are going to take it slow. So you don’t need to put your hands over your breast. So we are going to take a walk around the school and I want you to keep your hands away from your breast. So let’s go for a walk.”  
  
I started to follow Mr Patterson down the corridors and as I walked some teachers that went by said “Hi Valerie.”  
I got to know these teachers and it was weird that they were seeing me in this tank top minus a bra. I know kind of tame but it was a lot for me. I did notice my nipples getting harder.  
  
When we got back to the classroom Mr Patterson said “That is enough for today, now you can go home.”  
“Can I have my shirt and bra back?”  
“You can either go home in the shirt you have on or take it off and just get your shirt but no bra. So what shall it be?”  
I didn’t want to go home in the shirt I had on but I didn’t want to strip in front of him either. I couldn’t stand the internal battle I had within myself. In the end I opted for stripping in front of him.  
  
So with shaky hands I took of tank top exposing my breast to my least favourite teacher. He was about to hand my shirt to me and I reached out to take it when he snatched it back prolonging my exposure.  
  
“Come on Mr Patterson give me my shirt back.”  
“I will if you stand there with your hands by your side for two minutes and tell me honesty how you feel right now.  
“Ok here are you happy? “I said with a bit of anger as I put my arms by my side  
“So a bit angry I see. What else?”  
“Nervous, embarrassed, scared.”  
“What else because I see your nipples have been hard?”  
“Embarrassed that you noticed that and as to why I don’t know.”  
“Could it be that you like it?”  
“Are you crazy?” I said in disgust   
“Why would I be crazy I am just noticing how your body is reacting to be topless right now?”  
I looked down at my nipples and I touched them with my fingers. Then something that has never happened to me before, my body began to shutter uncontrollably and I had to sit down and ride it out.

**Body Positivity Program Pt 2**

When I came too I saw Mr Patterson grinning from ear to ear.   
“What the hell just happened?”  
“Wow that was your first time?”  
“First time for what?” I said all confused  
“An orgasm, silly.” He said with a chuckle  
“Wow that is what that was.” I said quietly   
“Yep, I take it you don’t masturbate and you are a virgin.”  
“Yea I said all embarrassed.”  
“Look it is ok but why don’t you go to the washroom and throw some cold water over your face.”  
“Ok I will.”  
  
I stumbled to the washroom and turned on the tap and threw water on my face then grabbed some paper towel to dry myself off. Then I saw in the mirror I was topless and began to freak out. I had made my way to the bathroom topless. Now I was stuck here or I had to suck it up and make my way back to the classroom.   
  
It was proving harder than I thought to make it back to class. Then Mr Patterson came in to the washroom again.  
“Come on Valerie let’s go.” He said as he held out his hand  
I didn’t even cover up or say a word I just reached out and took his hand. He led me down the corridor not to the classroom but to the teacher’s lounge. I tried to protest but it was no good plus I had no fight in me.  
  
When he opened the door to the lounge I made a weak attempt at pulling back but before I knew it I was in front of two teachers and both of them knew me quite well. One was my math teacher and the other was my history teacher.  
  
“Well well what do we have here?” My math teacher said with joy  
“You know Valerie she is my first subject in the body positivity program. Say hello Valerie.”  
I was in such a state of shock I couldn’t speak at first. I gave a cough and quietly said “Hello.”  
“Are you going to be half naked here all the time Valerie.” My history teacher said  
  
I was about to say no when Mr Patterson said “She might even be fully naked.”  
“Wow Valerie is that so because that would brighten up the summer here.” My math teacher said  
I was at a loss for words , was Mr Patterson’s plan to get me naked as well. But somehow I shook my head yes to getting naked.  
  
“Really Valerie you are getting naked?” My history teacher said with surprise.” Are you getting naked now?”  
I looked to Mr Patterson to figure out what to do but all he did was smile at me. Was that a queue to get naked I didn’t know. Then I looked at the other two teachers and they had smiles on their faces. They were even staring at my breasts.  
  
I looked at Mr Patterson one more time then he said “No not today boys maybe some other time.”  
“Aww what a pity.” My history teacher said  
  
I was beside myself with them looking over my body and having the biggest smiles I have ever seen.  
Mr Patterson spoke “Well Valerie how do you feel being topless in front of us?”  
  
I looked at my nipples and they were hard as diamonds and I could feel that same sensation between my legs again building up. So I said “I don’t know.”  
“Well Valerie, let’s go back to class” Mr Patterson said  
I said good bye to the other two and followed Mr Patterson willingly without hesitation back to the classroom.  
I took a seat and Mr Patterson and I talked about the program some more while I was still topless.  
  
“Now what?” I said   
“I have a few experiments/ exercises for you to do in public and at home for homework. So here get dressed and go home and I will email you.” He said as he handed me the tank top.   
“I can’t have my own t-shirt and bra back?”  
“Sorry Valerie, no you can’t.”  
  
I looked at him with disappointment and went home. I was self-conscious of my nipples again as I walked home. When I got home my friend Beth was there to greet me and wanted to know all the details.  
  
“So honey how did it go in the program?” My mom said  
“Yea how did it go?’ Beth said all anxious   
“Ok you two I will tell you.” I said then I began to explain how I got topless  
“Good for you honey, I guess that is progress.” Mom said  
  
Then Beth and I went up to my bedroom. “So you really got topless. Wow girl what was it really like to show off your tits to Mr Patterson?”  
“It was nerve wracking and my nipples got hard. I don’t know this was all new to me.”  
  
The only thing I didn’t tell her was that I had my first orgasm in front of Mr Patterson.  
“Your nipples are getting hard right now.” Beth laughed  
I covered up with my hands right away when mom entered my room and said” lunch was ready. Oh and Mr Patterson asked me to tell you to take off your tank top. So come on down for lunch.”  
  
I got completely embarrassed. Both my mom and Beth just stared at me waiting for me to take off my shirt.  
“Come on sweetie take off your top. This is for you to get comfortable with yourself.” Mom said with a smile  
I slowly took off my top and put it on my bed. Now I was half naked at home as well. Then I followed them down to the kitchen to have lunch.  
  
It was a bit strange sitting topless at the kitchen table but I kind of got use to it since it was just my mom and best friend. Beth before she left teased me about getting me topless at her place.  
  
“So honey, are you feeling more comfortable?”  
“I guess so.” I said still feel unsure  
“Good good because there is a family BBQ coming up in a few days.”  
“Whoa wait what you want me to go topless in front the rest of my family including my cousins?” I said all worried  
“Well if Mr Patterson says it is the next step in your development.”  
  
I hung my head in shame and embarrassment and began to cry a little.  
“Why mom, do you want me to do this. What have I done to you to deserve this?” I said angrily  
“You have a bad self-image and since you wanted bigger tits to put it bluntly, we put you in this program to instill a positive body image. So you are having no problem sitting here topless so that is progress already.”  
  
I couldn’t argue with her there but being half naked in front of all my family I was beginning to panic. When dad got home he saw the progress I literally was making and said he was proud of me. He also thought the family BBQ idea was a good thing as well.

**Body Positivity Program Pt 3**

That night I got a texted Mr Patterson to wear a blouse with no bra and a short skirt and that I had to sleep naked. I went to bed all anxious and found it hard to sleep. Thought of all these people seeing me naked was overwhelming.  
  
I finally did get some sleep but I woke up tired and so groggy that I forgot I was completely naked. I went downstairs to the kitchen to get some coffee and breakfast. Then I notice my mom and dad staring at me.  
  
“What’s up, what’s going on.” I said till half asleep.  
“Oh I see you started to make an effort this morning.” My dad said jokingly   
“What do you mean?” I said all puzzled  
“You are completely naked is that how you are going to be now at home?”  
I looked down and was shocked that I was totally naked. I started to panic but my mom gave me a hug and calmed me down.  
“It’s ok honey. You can be naked all you want at home.”  
I was still in panic mode and was about to say it was not ok to be naked at home when calmness did start to come over me. I know I had been topless at home since lunch time yesterday and it wasn’t that bad. Mom let me go and I just stood there and asked “Are you sure you want me naked at home?  
  
“If it gets you loving yourself, then yeah.”  
“Ok but it is kind of strange of me being the only one naked.”  
“You will soon get use to it.” My dad said  
I laughed at him then grabbed my coffee and sat down at the table.  
“I know this is out of your comfort zone but this will be for the better. Plus you have already made another step sitting here as you are.”  
  
“I guess so.” I said now just feeling more embarrassed  
“So what does Mr Patterson have you doing today?” mom asked  
“He has me wearing a white blouse with no bra and a short skirt but I don’t have a short skirt.”  
“I can hem one of your skirts for you.”  
“Ok.” I said as I ran up to my room  
I came back down still naked and hand my mom my skirt.  
“So put it on so I can see where you want it hemmed.” My mom said  
  
I put it on and then she put some pins to hold it where I think Mr Patterson wanted it to be then took it off again. My mom quickly hemmed it because she had to go to work.  
Both my parents had left so I went upstairs and had a shower. I looked myself over again and touched my nipples then between my legs and had another orgasm.  
  
I got a texted from Mr Patterson that said to have a few buttons undone on the blouse. I only undid three buttons then walked out the door. I did get a few strange looks from my neighbours. When I got to the classroom Mr Patterson said “ So how did it go last night?”  
  
“It went great and then I accidentally went downstairs for breakfast totally naked.” I said as I blushed   
“Awesome.” He chuckled “ So did you stay naked?”  
“Yea I did but I almost didn’t. If it wasn’t for my mom I think I would have run upstairs to put something on.”  
“Ok then so do you think you can strip naked for me now?”  
“I have to get naked in this program at some point don’t I?” I said nervously  
  
“You got it Valerie but for right now you don’t have too. You can just be topless.” He with a smile  
I didn’t say a word I just started taking of my blouse then my skirt. I hesitated with my panties.  
“Well go on then take those off as well.” He said as he looked me up and down  
  
I slowly put thumbs in the waist band then pulled them down. So there I was naked in school for the first time. I couldn’t believe it as I stood there a bundle of nerves.  
“Now how do you feel?” He said  
“I feel really nervous and scared of someone else coming in the room and seeing me naked.”  
“So how do we get over this nervousness?”  
I couldn’t believe I said it“I guess have more people see me naked.”  
  
“Let’s go to the teacher’s lounge to see who’s there.”  
“Whoa right now really.” Regretting what I said  
“Sure no time like the present.” He smiled back  
What did I get myself into? So I took a deep breath and walked out of the classroom towards the teacher’s lounge. I got to the lounge and looked back thinking Mr Patterson was right behind me but he wasn’t. My knees got really shaky but I took another deep breath and opened the door.  
What a saw was my gym teacher and a former English teacher from a lower grade.   
  
“Well Miss Valerie what is the meaning of this.” My English teacher said angrily  
I couldn’t look her in the eye but I quietly said “I am in Mr Patterson’s new program  
I could see the disgust in her face that I was naked in front of her then Mr Patterson finally walked in.  
“I see you have met my student for the new body positivity program.”  
  
“Your what?” My English said   
“It is my program to get girls to like and not be ashamed of their own bodies.”  
“By getting them naked?” My English teacher said angrily  
I saw my gym teacher just sitting quietly smiling away at the whole situation.  
“It is a bit drastic but how else do you get them to love their own bodies?”  
  
My English teacher was silent and couldn’t think of another way.  
Mr Patterson was more focus on my English teacher because she seemed to be against it were as my gym looked like he was enjoying the sight of me being naked. As for me I was stood there basically frozen on the spot as those two argued.  
  
“Well Valerie is going to be naked here all summer while some of us teachers that are going to be doing adult and youth programs.”  
What, did he just say I am going to be naked here all summer? I started to panic a little knowing that was going to be the only one naked in the school.  
  
While the other two argued over me being naked in school my gym teacher grabbed me by the hand and got me to sit beside him at the table.  
“So Valerie are you ok with this because I know you liked to cover yourself up?”  
“Sort of, I am really nervous.”  
“There is no need to be but why are you doing this?” He said  
  
I didn’t really want to say why but I liked him. He was easy to talk too, so I explained to him the whole thing and why my parents signed me up for this program.  
“I can see why your parents signed you up for the program. You are a beautiful girl and your breasts are fine the way they are.”  
Now I became even more embarrassed I almost couldn’t take it.  
“Valerie, do you want to help me out with a boys group? We just do a variety of sports throughout the summer both in the gym and outside on the track and field.”

**Body Positivity Program Pt 4**

“While I am naked?”  
“If you don’t mind as it would be part of the program. You would be my assistant coach.”  
  
I began to shake at the thought of being exposed to a group of boys. I didn’t know what to say to him if I said yes I would have go naked in front of a bunch of boys but if I say no I wouldn’t be doing the program.  
  
“Ummm I guess so.” I said as my voice quivered  
“Cool, there will be a group of boys showing up to play basketball in about thirty minutes.” He said all happy  
“I didn’t think I would be doing it that quick.” I said all worried  
“No problem, the boys will love you.”  
I was about to say something when I heard Mr Patterson say to my English teacher Mrs Franklin that maybe she should join the program. All three of us looked at her thinking is she going to accept the challenge.  
  
“Go ahead and prove me wrong.”  
“You just want to get me naked. So I am not doing it.”  
“Hey Valerie here is going to help me with my boys group basketball in about a half an hour. Also Valerie use to cover up all the time in gym so the program is working so far. So are you going to accept the challenge?” My gym teacher said  
  
Mrs Franklin looked at me to see if what he was saying was true. Then back at Mr Patterson then back at me. You could see the battle she was having within herself. So Mrs Franklin is a fairly attractive woman in her early thirties with really big breasts that I am jealous of but she too covers it all up.  
  
“So this whole program isn’t a big joke or scam?” she said still not believing a thing   
“No of course not do you not see Valerie sitting right here. Here call the principal right now.”  
Mrs Franklin called the principal right away and as she talked on the phone you could see the disbelief come over her face.  
  
She hung up the phone and said”Ok I guess this program is for real.” Then she cleared her throat and said “I can’t believe I am doing this but I accept your challenge.”  
The three of us were astonished that she would do it.  
  
“So you really are going to do this?” Mr Patterson said still in shock  
“Umm yea so how do I start?”  
“Well for starters take that blazer off.” he said  
We watched as she slowly took it off. “That’s great now for the bra.”  
“No take your blouse off first then the bra then put your blouse back on.”  
  
She hesitated for a minute then began to unbutton her blouse. She laid her blouse on the chair next to her then she reached behind and unclasped her bra. She slowly slid it off and was about to put it on the chair when Mr Patterson asked for it.  
  
Her breasts were really nice and I couldn’t help but stare at them. She put her blouse back on and began to button it up. “Leave the top three, no make that four buttons undone.”  
“So I am supposed to show my tits to summer school students. Look at the cleavage I am showing.” She said all anxious  
“Mrs Franklin your breasts are amazing you should be proud to show them off.” I said  
Mrs Franklin was turning many shades of red. “What are my students going to think with them practically hanging out?”  
“I think they will love them like we do.” My gym teacher said  
Then we all laughed. Hers a more nervous one  
  
“Well I guess you are I have to go.” My gym teacher Mr Davidson said  
My heart sank a little as I got up from the chair and started walking out of the lounge. It was so surreal walking down the hall towards the gym totally naked next to my teacher.  
When we got to the gym doors all of sudden I couldn’t go anymore.  
  
“Hey Valerie are you ok.” He said as he touched my shoulder  
I could hear the basketballs bouncing behind the door so it sounded like a lot of boys and boys that are only a few of years younger than me.  
“I don’t know Mr Davidson I feel like I am about to panic. This is a first for me being totally naked amongst a lot of people and it makes it worse it is all boys.”  
“You will be fine. Just take a deep breath. Maybe I should go in first and tell them so it is not a big shock. Stay here I will be back in a minute.”  
  
I leaned up against the wall trying to calm myself down. Then Mr Davidson opened the door “Hey it is all good you can come in now.”  
His hand reached out for me and I took it and he slowly pulled me into the gym.  
  
“Hey everybody this is Valerie she will my assistant for the day and maybe for the summer.” He said with joy  
The boys cheered and gather around me and took turns thanking me and shaking my hand. Then they all went back to what they were doing.  
“It wasn’t that bad was it?”  
“No I guess not. I was panicking for nothing I guess. But my stomach is still full of butterflies.”  
“That’s understandable, but try to have fun.”  
“So what do you want me to do?  
“Lead some warm up exercises.”  
“What bending over all those exercises?”  
“Like I said have fun with it.”  
“There was one boy who looks like he is thirteen he is staring like crazy.”  
“I told them not to stare but I guess they can’t help it.”  
“They have seen everything now so what’s the point in being shy.”  
  
Mr Davidson looked me up and down and gave me a big smile then gathered the boys to start the warm up.  
I got them to do a normal warm up of all the joints and then some stretches. Then after that some line drills. I demonstrated them first so they got a good view of me bending over. I stopped caring at this point I was determined to have fun.  
  
Then we broke them up into teams and of course one team was short a player. They cheered me on to be that fill in player so I obliged. I got to say it was the best time ever playing basketball. I have never been touched before by a boy and then to have multiple ones have their hands all over me.   
  
By the end of everything all the boys thanked me by giving me a hug and some also grabbed my ass. The thirteen year old grabbed both cheeks the little bugger.  
Mr Davidson thanked me again for being good sport.  
“I have to admit that was loads of fun I want to do that again.”  
“We do it three or four times a week during the summer. Sometimes we even go swimming.”  
“No need for me to bring a swim suit then?” I laughed  
“See you later Valerie.”

**Body Positivity Program Pt 5**

“Bye.”   
I went back to Mr Patterson’s classroom and we chatted. He was amazed at how I got along.  
“How is Mrs Franklin doing?”  
“I don’t know yet. Let’s go so.”  
  
So we went quickly to her class and peered through the glass in the door. We noticed she still hadn’t undone anymore buttons on her blouse.  
“Hey watch this.” Mr Patterson said as he got out his phone  
He texted her to undo a few more buttons. Then we watched the student’s reaction when her breasts became completely exposed. We heard one student say “Hey Mrs Franklin your tits are completely out, why don’t you take off your blouse?”  
  
Mr Patterson texted her to take it off and that is when she saw us at the door. She did as the student asked and took it off.  
So here I was outside of another classroom naked with my teacher trying to get another teacher naked. Somehow it was fun to me.  
  
Then I heard behind someone say “Val what the hell is going on? Why are you naked?”  
I turned around to see my best friend’s brother. I became so embarrassed I turned so red. I started to cover myself when Mr Patterson stopped me.  
  
“Hey David umm ha ha yea I am.”   
Before I could finish my sentence Mr Patterson explained it to him. “Here take a look at Mrs Franklin.”  
He went up to the door and the look on David’s face was priceless. “Wow this is for real. It makes me want to take summer classes.” He joked  
  
I watched him look at Mrs Franklin then he looked at me and said “So Val are you going to come over to our house naked?”  
I embarrassingly said “Yes.”  
“Cool I will see you there.” He said as he took one more look at Mrs Franklin then left  
“Well done Valerie you are making improvements.” Mr Patterson said   
“I want you to stand beside me as the students leave Mrs Franklin’s class. Are you ok with that?”  
“Umm yes I guess so.” I said as I got all nervous again  
  
When class was over the students starting coming out and they were all talking about Mrs Franklin’s tits but that all stopped when they saw me. Each one of them stared at me and kept going down the school corridor. I think it was the fact that Mr Patterson was there that made them continue on their way.  
  
When the last student left we went into the classroom.  
“So Mrs Franklin how was that what are your feelings now? Be honest.”  
“To be honest I was really nervous and embarrassed but now I am rather ashamed that I kind of liked it.”  
I was thinking she is similar to me, nervous and embarrassed but liking it too. Maybe there was something to this program.  
  
“So you have one more class to teach so I will be taking this.” He as he took her blouse  
For a second I could see Mrs Franklin was about to grab her blouse but she changed her mind.  
We left Mrs Franklin to teach topless and we returned to his classroom.  
  
“Hey Valerie give me your wrist.”  
I stretched out my hand and Mr Patterson put a bracelet on me. “This is to let people know you are in my program.”  
“What people like the police?” I said concerned about the level of exposure he was going to subject me too  
“Yep that is correct my dear. It is so you won’t get into any trouble.”  
“So you want me to get naked in public.” I said as I began to nervous again  
“Yes that is the plan. It is up to you when and where you do this. Like for instances at your family BBQ.”  
Right then I started to shake from nerves at being naked at my family BBQ.  
“Hey Valerie it is alright we will work through this.” He said as he put his hand on my shoulder  
  
I got this sudden urge to get dressed “Where are my clothes? I don’t want to be naked at my Family BBQ.”  
Mr Patterson handed my clothes back to me and I got dressed quick and left in a hurry. When I got home I went straight up to my room and dropped onto my bed. I started to cry at the thought of being naked at the BBQ. I didn’t want to be on display for everyone to see anymore. I didn’t want to go to another class of Mr Patterson’s.  
  
Then I hear my mom come home then about ten minutes later she knocks on my door and comes into my room.  
“Are you ok honey? I heard what happened.”  
“Did Mr Patterson tell you everything?” I said angrily  
“Yes he did he said you were doing so well being naked at school being an assistant coach. I also heard that David saw you naked too.  
  
“I don’t think I want to be naked anymore.” I said as I started to cry again  
“Aw honey I am sorry. So it is the BBQ that is freaking you out?”  
“Yea mom.”  
“Then you don’t have to go naked then.”  
Somehow hearing that released some anxiety. “Ok honey I will be making some lunch so come down when you are ready.” My mom said as she leaned over me and kissed my forehead  
  
I got changed into my sweat pants and t-shirt and went down and had lunch. Mom and I quietly ate our lunch and then I went upstairs to my room again.  
I must of dosed off for a while then mom called me for dinner. There was awkwardness at the dinner table, nobody was saying a word. We all knew why, it was about me getting naked.  
  
I went straight up to my room after then I get a call from Beth.  
“I heard David saw you naked at school today and also Mrs Franklin had her tits out too.”  
The image of Mrs Franklin with her tits out brought a smile to my face. “Yea David saw me naked, you are not angry are you?”  
“Hell no girl, I have never seen David more excited. Usually David is Mr Boring. I ask “How was your day at school?” and in a monotone voice he would say “Good.” And that would be it. But he came home today and I didn’t have to ask. He spoke a mile a minute about you being naked and Mrs Franklin’s tits and I think I heard him say he wants to take a summer class. He hates school so this could be a good thing.” Beth said then she laughed  
I laughed too “So David liked seeing me naked?”  
“All he said was he hopes to see that booty again.”  
“What I have a nice booty.” I said feeling a little better  
“Yea girl your booty is da bomb.” Beth laughed  
“Thanks I needed that.” I said   
“Hey David is saying he wants you to come over now. Do you want to?”  
I took a long pause then I said “Yeah sure why not.”

**Body Positivity Program Pt 6**

“Ok see you in a bit.” Beth said as she hung up  
Why was I doing this? I didn’t want to get naked again but now I kind of want to get naked over at my best friends place. Was it because David liked my ass? I didn’t tell my parents that I was going over to Beth’s and just went over as I was.  
  
When I got there David was disappointed that I wasn’t naked. Then we rushed up to Beth’s room.  
“Well then are you getting naked?” Beth laughed   
“Your parents are still here.” I said all worried  
“They will be going out in a little while so don’t worry about.”  
“Fine.” I said as I pulled off my t-shirt, sweat pants and panties. “There are you happy now?”  
I looked over at David and saw his shit eating grin on his face and Beth just laughed.  
  
“What’s with the bracelet?” Beth said  
“Oh ha ha it is bracelet so I don’t get into trouble when I am naked out in public.”  
“Whoa whoa wait a minute; Mr Patterson wants you to get naked in public?” Beth said  
“Yeah it is the end goal for this body positive program.”  
“When my parents go out I dare you to go down to the corner store.” David said all smiles  
“Yeah yeah I dare you.” Beth said all excited  
Somehow this was exciting and fun for me so I said “Yes I will do it.”  
  
Both of them cheered and as soon as Beth’s parents went out we were walking down to the corner store. I saw one of my neighbours just come out of the store as I went in and I got embarrassed thinking the whole neighbourhood now was going to know I was naked.  
  
We all went in and got some sweets and Beth made me pay for them. The old guy said I was a sight for sore eyes.”  
I thanked him and as soon as we left the store we started laughing. I couldn’t believe it I was having fun being naked in public. We made it back to Beth’s place and went straight up to her room.  
  
David mentioned he filmed the whole thing and freaked out a little but then I said “let me see it.”  
We watched the video and I actually liked the way I looked and the way people reacted to me. I felt better about myself and thought about Mr Patterson’s program.  
  
“That was awesome.” Beth and David said   
I laughed “Yeah it was wasn’t it.”  
When Beth’s parents came home I said my good byes and went home.  
On the walk home I took off my t-shirt and went topless. When I got nearer to my home I thought about my family and then the BBQ again. Would it be so bad if I did go naked at the BBQ?  
  
When I enter the house I stripped off my sweat pants and panties and went into the living room where my parents were watching TV.  
“Hey mom and dad.” I said as I sat down and started watching TV too  
“So honey I see you are feeling better about yourself.” My mom said   
“Yea mom I am sorry about freaking out. Maybe going to the BBQ naked might not be so bad.”  
“Really honey you don’t have to if you don’t want too.” My dad said  
  
“I don’t want it to be a shock to everyone. So could you tell the family for me?” I said getting nervous again now that I committed myself to it  
“Sure honey just as long as you are sure about this.” Mom said  
I took a deep breath “Yeah I am sure.”  
  
I hugged my parents and went off to bed. Now my mind was racing so I went on my computer and checked out my emails. David had sent me the video of me going naked to the store so I clicked on it and watched again.   
  
I noticed my nipples were up as I watched it so I touched myself again. I had another orgasm and loved it.  
The next morning I went downstairs naked and had breakfast. It was actually enjoyable. Then my parents went off to work and I took a shower and got ready. I was about to go to school in the same see-thru blouse and short skirt again when I had a thought to just take them off.  
It was day time and it took me a few minutes to work up the courage. “Well here goes nothing.” I said as I opened the door  
  
I never felt so vulnerable in my life walking through my neighbourhood naked and waving to the people that saw me. By the time I got to school I was such a high it wasn’t funny.  
Then when I entered the classroom Mr Patterson was surprised that I was naked already.  
“After yesterday I thought we had a set back and you were not getting naked again. Ok hold on a minute you walked from home like this.” He said all smiles again  
“Yeah I did. It was great.” I chuckled  
  
“Wow I got to say I am impressed. I was hoping you would show up today because Mr Davidson said his boys group are going swimming and he would like you to come along. So do you want to go swimming?”  
“Yeah I would love to.” I said with joy  
“Great and I am going as well just to observe you naked amongst the boys.”  
“Oh ok I guess. “I said as I smiled at him  
“But in the mean time we have a little thing to do with Mrs Franklin. She should be here any minute.”  
Mr Patterson and I chatted about the family BBQ and maybe I should go over to my grandparents place before the BBQ to kind of soften the shock. I thought it would be a good idea but it still made me nervous as hell.  
  
Then Mrs Franklin came in the door with a see-thru blouse and a really short skirt on.   
“Good morning so how was it this morning? Mr Patterson said with a smirk on his face knowing full well how it went  
Mrs Franklin hung her head then said “Well my husband really liked the idea lots because we made love like never before.”  
“That is great isn’t it? So are you ready for today?” He said as he eyed her up  
“I guess so.” She said as she started to take off her blouse then her skirt and just left her panties on  
Mrs Franklin looked at me and smiled then walked out to go to her first class.  
  
“Wow she is progressing fast. Is she going to be naked by the end of the day?” I said glad that there was someone else naked  
“You bet.” He said with a chuckle  
“Ok let’s go the bus is waiting out front.” He said as he got up from his chair  
  
I became nervous and excited about this naked field trip as I walked down the corridor towards the front doors and me being the only one naked amongst seventeen or so guys including the teachers was effecting me in a good way.  
When I stepped on the bus there was a big cheer and I became embarrassed but I threw up my hands and spun around for them.  
  
I sat with Mr Patterson and he was smiling as he was taking notes and then when we got to the pool he went with me to make sure I was able to get in. The woman at the counter looked at me funny like it was some sort of joke but Mr Patterson convinced her it was ok.

**Body Positivity Program Pt 7**

When I walked in the ladies changing room I got some strange looks from the women and girls there. So I quickly showered and nervously went out to the pool. Since I was the first one out I went over to Mr Patterson and Mr Davidson who were seating on the bleachers.  
  
Both of them said I was doing alright and to just enjoy myself despite the strange looks from staff or others. Finally the boys came out so I jumped in the pool with them. My nervousness went away after a bit and I just had fun from playing some water polo to jumping off the diving boards.  
  
Sure there was some strange looks from some of the people there but I ignored them since the ones I was with were cool with me being naked. I was really becoming comfortable with my own body and the boys didn’t care if I had small breasts.  
When our swim was over I went back in the ladies changing room and one woman confronted me about why I was naked. She seemed a little upset about it but I told her why.  
“You mean to tell me you are naked because you wanted breast implants.”  
“In a nutshell yeah but these last couple of days I have gotten more comfortable with my body as you can see so I guess it is working.” I said hoping it was enough of an explanation  
  
She looked at me to see if this was just a joke then said “ You are braver than me to go prancing around naked.”  
I dried myself off and headed out the door then she said “Whoa wait a minute you are not getting dressed?”  
“No I came here naked.” I said as I saw the shocked look on her face  
  
I laughed as I went out of the changing room and waited for the boys with both my teachers.  
That same lady came out of the changing room while I was still waiting. She still couldn’t believe I was naked.   
When the boys were ready we headed for the bus and I saw that same lady watching me get on the bus. I waved at her and she waved back. The boys motioned for me to come to the back of the bus, I did and we had a laugh. Even the boys couldn’t get over that I was naked and they all loved it which was a big confidence booster for me.  
  
When we got back Mr Patterson and I checked up on Mrs Franklin. We looked through the window in the door again and saw she had already taken her panties off.  
We both smiled at each other and then Mr Patterson said “ Let’s got back to my classroom.”  
  
When we enter the classroom he said “So do you think you are ready to go to the family BBQ?”  
“Maybe?” I said as I started to feel a little anxious again   
“How about you go to your grandparents place before the BBQ , how about right after you go home.”  
“I guess I could I just don’t know how they are going to reacted as well as the rest of the family.”  
“Why not give them a call and then go over.”  
“Ok I will.” I said still dreading going over  
  
Then Mrs Franklin came into the classroom naked as a jaybird.  
“So how did it go are you still liking being naked in front of your students?  
Mrs Franklin said still embarrassed “I guess I am liking it more and more.”  
“Good, good so do you want to be naked the rest of the summer?” Mr Patterson said with a smile as I saw him get out a bracelet just like mine.  
  
She didn’t say anything so he got up and put the bracelet on her. “There you go you can now go anywhere naked if you want to.”  
Mrs Franklin gave this sheepy grin said “Thank you.” And then left the room  
For some reason I laughed at the situation “Well I guess I am off now I will tell you how it goes with my grandparents.”  
I enjoyed the walk home with the light breeze and the sun on my face. I waved at some of the people that were shocked at me being naked. We I got home I phoned my grandparents and asked if it was ok to come over. They said it was ok but sensed there was something troubling me. I guess they could hear it in my voice.  
I told my mom I was going over to talk to them and then she hugged me and said “It will be ok.”  
  
I used my mom’s car to go over and it felt strange driving naked. I didn’t even bring any clothes with me just in case of an emergency. My grandparents lived on the other side of town in this big house that had a pool and it was why everyone went there for the BBQ.  
  
When I got there I sat in the car for a few minutes to work up the courage but then my grandmother came out and I had no choice but to step out of the car. She was really glad to see and she even gave me a hug.   
“You are not mad at me for being naked?” I said all puzzled  
“No honey your mom explained everything and that you are in this body positivity program.”  
“She did?” I said still a bit confused   
“Come on in honey everything is ok.” She said as she grabbed me by the hand  
When I got inside I was greeted by granddad and he gave me a hug as well. It was strange how accepting of my situation they were and even stranger being naked in their house.  
  
“Honey, why don’t you go out to the pool and I will bring you something to drink.”  
“Ok granny.”  
I walked through the house and out to the pool that is when I saw my cousin Ryan. It caused me to stop in my tracks.  
“Whoa Val what the hell did you forget your bikini?” He laughed  
“Ummm yea sort of.” I said and gave him a smile  
He walked over and gave me a hug then he said “Don’t worry cuz granny filled me in.”  
  
I was still in shock that he was there and saw me naked but then I snapped out of it. Then I ran and jumped in the pool.  
I guess the ice had been broken and it was as if it was a normal day at my grandparents. Granny brought out drinks and snack food and we chatted.   
  
“I think you are kind of brave going naked everywhere and it seemed to have worked that you like yourself more. So are you still thinking of getting implants?” My granny said  
“I would say I haven’t even thought about it since I started the program. Actually I have been enjoying myself while naked and everyone seems to like my body. So yeah I don’t think I will be getting implants.”  
“Good for you honey. I will let everyone know you will be naked at the BBQ. You are still coming to the BBQ?”  
“Yes granny I wouldn’t miss it.”  
  
The drive home didn’t feel as strange it sort of felt natural and then I got to thinking what Mr Patterson did for me. The time I spent with the boys in the gym and going swimming with them were very enjoyable indeed. The dare that Beth and David made me do seemed kind of tame now that I have really out in public.  
  
  
The next day I told Mr Patterson and Mrs Franklin all about it. I helped Mr Davidson again in the gym which I really enjoyed.  
The day of the Family BBQ I was only a little bit nervous but I felt ok. When we arrived I was the centre of attention and felt overwhelmed but happy. Everyone enjoyed themselves and we had fun and games. We had lots of food and drinks and played in the pool. It was a family BBQ to remember.  
  
The next day I went to Mr Patterson’s classroom. I had been naked for a few days now and didn’t feel the need to put clothes on.  
“Well Valerie I got to say things have worked out well. I don’t think we need to continue with my class anymore.”  
“What I am just getting use to be naked. Does this mean I have to put clothes on?”  
“No not if you don’t have to. You can keep the bracelet on and maybe help in the gym or help with my new subject or recommend a new subject.”  
“Really cool, I love helping in the gym and as for recommending a new subject may I suggest my friend Beth. I would love for her to be naked with me.”  
“That is great.”  
From then on I was naked most of the time except for the odd time I had to put clothes on. As for Beth she went through the program but it took her longer. Now Mrs Franklin she became the first naked teacher at the school. The first day back at school assembly for everyone they brought her out on stage. There were some oohhh and awws. Some people took a while to get use to her teaching naked. Mr Patterson because his program was successful left school and set up his own place and became sort of famous. Even some actresses had to use him so they could get a role.  
Any way that’s my story on how I learned to like my body.