

A large, stylized green letter 'R' is positioned in the upper left quadrant of the page. The 'R' is composed of a vertical bar on the left and a curved section on the right. The background is black, and the 'R' is a vibrant green color. The word 'RESET' is written in white, bold, sans-serif capital letters, centered below the 'R'.

RESET

a conversation about boys' body image

Facilitator/Teacher Guide

Facilitator/Teacher Guide

RESET: a conversation about boys' body image has been developed by The Butterfly Foundation, in conjunction with Cranky.fish Creative and with the support of an expert advisory group.

The Butterfly Foundation is a registered not-for-profit charitable foundation supporting Australians with eating disorders and negative body image, and their carers.

www.thebutterflyfoundation.org.au

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'RESET: a conversation about boys' body image uses the terms 'boys' and 'males', and this is inclusive of anyone who identifies as male.

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About RESET: a conversation about boys' body image

RESET: a conversation about boys' body image

has been developed by The Butterfly Foundation with financial support from John T Reid Charitable Trusts.

RESET: a conversation about boys' body image

is Australia's first digital body image program for adolescent boys that aims to help schools and other youth organisations start a deeper conversation about negative body image and eating disorders in males.

RESET: a conversation about boys' body image

aims to raise awareness, reduce stigma and encourage help-seeking with regard to body image and eating disorders in boys.

RESET: a conversation about boys' body image

uses the terms 'boys' and 'males' and this is inclusive of anyone who identifies as male.

RESET: a conversation about boys' body image is a prevention-focused health promotion program that is:

- Comprehensive and facilitator-led
- Best suited to male only groups or co-educational settings
- To be used with adolescent males and females aged 13-18 years
- Mapped to Australian Curriculum and best suited to PDHPE and Wellbeing curriculum
- Appropriate for use in a variety of settings: schools, sports, activity groups (e.g. Scouts)
- For mainstream use. It may be used with young people at risk but is at the discretion of a suitably qualified facilitator
- Available with subtitles
- Evidence-based and youth informed. RESET was reviewed by an Expert Advisory Group and has been piloted with young people
- Not recommended for use with children of primary school age.

RESET

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About RESET: a conversation about boys' body image

RESET: a conversation about boys' body image adheres to best and safe practice guidelines for mental health literacy and eating disorders.

The National Eating Disorder Collaboration's resource for schools on eating disorders :

www.nedc.com.au/research-and-resources/educational-professionals

and Mindframe guidelines :

www.thebutterflyfoundation.org.au/assets/Uploads/MF-NEDC-Resource-1.pdf

RESET was piloted with 167 Year 8 students. The evaluation report can be accessed at :

www.thebutterflyfoundation.org.au/reset

RESET

a conversation about boys' body image

Years 7-8

ACPS070 Investigate the impact of transition and change on identities

ACCPS072 Practice and apply strategies to seek help for themselves and others

ACPS074 Investigate the benefits of relationships and examine their impact on their own and others' health and wellbeing

ACPS076 Evaluate health information and communicate their own and others' health concerns

ACPS077 Plan and use health practices, behaviours and resources to enhance health, safety and wellbeing of their communities

ACCPS079 Investigate the benefits to individuals and communities of valuing diversity and promoting inclusivity

General capabilities CCT, PSC, EU

Years 9-10

ACPS089 Evaluate factors that shape identities and critically analyse how individuals impact the identities of others

ACCPS092 Propose, practise and evaluate responses in situations where external influences may impact on their ability to make healthy and safe choices

ACPPS094 Evaluate situations and propose appropriate emotional responses and then reflect on possible outcomes of different responses

ACPPS096 Plan, implement and critique strategies to enhance health, safety and wellbeing of their communities

General capabilities CCT, PSC, EU

Years 11-12

Complements PDHPE curriculum and wellbeing programs

Understanding body image in boys

Body image is consistently reported by young people as a top personal concern (Mission Australia Youth Survey), with body dissatisfaction and negative body image leading to increasingly serious mental health problems in both females and males. Body image is the perception a person has of their physical self and the thoughts, feelings and attitudes they experience as a result of that perception.

While historically seen as a mainly female concern, there is growing evidence (research and anecdotal) that, although boys are less likely to speak up or seek help, they also experience anxiety about their bodies and appearance.

A person's body image is not static; it is influenced and impacted by many internal and external factors, both positive and negative. A positive body image is an important part of a young person's emotional wellbeing.



Males are affected by western society's pervasive, idealised representations of masculinity and male bodies.

Understanding body image in boys

Here's what we know about boys' body image:

- Influences on body image are similar for boys and girls, e.g. family, friends, coaches, teachers, media and social media
- Puberty is a time of increased risk of body dissatisfaction, particularly for those boys who develop at a slower rate than their peers
- Times of injury and/or illness place a boy at greater risk of body dissatisfaction
- Emerging research is helping to better understand negative body image, and its consequences, in males
- Males tend to be quieter than females about their body negativity. Boys seek help and treatment less frequently, or hold off treatment for longer due to shame
- Males who internalise appearance and muscular ideals are more at risk of body dissatisfaction
- Common appearance concerns for males include muscularity height, weight, and skin complexion (i.e. acne)
- Male athletes and boys who have experienced muscularity and weight-based teasing/bullying are at higher risk of developing negative body image and eating disorders
- Masculine and muscular ideals and stereotypes contribute to male body dissatisfaction
- Feeling dissatisfied about body shape, weight or appearance from time to time is natural and normal.

For fact sheets on body image and eating disorders in males please visit www.thebutterflyfoundation.org.au/reset

Information about eating disorders in boys and what to do if you're concerned can be found at the end of this guide.

Exercise, training and body image

Sport, exercise and training have a wide range of undisputed physical and mental health benefits. Exercise and non-competitive sport are also considered protective factors for young people, particularly those involved in team sports. Exercising and participating in sport can increase feelings of body satisfaction and self-esteem, particularly when the focus is placed on participation and functionality rather than winning or aesthetics.

Please note that young people who are under the guidance of trained sports and conditioning coaches (involved in higher level, sub-elite or elite sports) are often required to engage in a higher volume of training and exercise at higher intensities. Coaches of male athletes should be aware that eating disorders do occur in males and be aware of the various warning signs.



Sport, exercise and training have a wide range of undisputed physical and mental health benefits.

Exercise, training and body image

There can be a fine line between healthy and problematic training. When that line is crossed, the person may feel dissatisfied with their body and appearance, which may lead to engaging in unhealthy eating and exercise behaviours. Signs that a person has moved into the problematic over-training zone may include:

- Training multiple times per day, and/or training sessions being in excess of 2 hours
- Training in addition to any training schedule set by a coach
- Training when injured or unwell
- Avoiding other activities (e.g. socialising with friends) to train
- Restricting food intake to decrease body fat/ increase leanness or 'to be ripped'
- Overuse of supplementation
- Anabolic steroid use
- Exhibiting other warning signs associated with Muscle Dysmorphia Disorder* or an eating disorder.



There can be a fine line between healthy and problematic training.

*Information about Muscle Dysmorphia and eating disorders can be found at the end of this guide

RESET

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Facilitating RESET: a conversation about boys' body image

What you need to facilitate RESET: a conversation about boys' body image

1

RESET Program downloaded;
RESET 30-minute video and
Facilitator Guide

2

RESET Help-seeking handouts
to be given out at the
conclusion of the program

3

Computer, screen and
speakers

4

Comfortable seating
(i.e. not on the floor).

Optional requirements:

- Paper and pens/textas for activities
- Whiteboard and markers.

Timing:

- RESET: a conversation about boys' body image can be facilitated in one session (45-60 mins) but can be run over a double period or multiple sessions. This will allow for activities to be conducted at home
- The video has been split into PART ONE and PART TWO
- Pause the video at the end of PART ONE
- Use the questions as a guide before playing PART TWO
- Timings for the discussion component have not been applied as they will vary depending on the responses and level of engagement from the participants.

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Facilitator Preparation

- View the entire 30-minute video before screening with young people
- From the facilitator guide, select the questions you plan to ask and activities you would like to do. This will depend on the amount of time you have allocated for the session
- Adapt the language used within the questions to suit your group. Questions and prompts are merely a guide
- If running the RESET program with a co-educational group, adapt questions to ensure that girls are provided with the opportunity to share what they see and think about boys and their body image.

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a conversation about boys' body image

Do:

Watch the RESET: a conversation about boys' body image video prior to screening with participants. Ensure you are familiar with the discussion questions and activities included in this guide

Establish respectful guidelines for the group setting

Encourage active participation by all members of the group

Share your own relevant, on message experiences if appropriate and if you feel comfortable

In a co-educational setting, ensure questions are tailored to be inclusive of the females in the group. Questions can be adapted to ask girls what they think about boys' body image

Aim to keep discussions on message and on topic.

Avoid:

Discussions that involve sharing details of specific cases.

Forcing discussion questions with young people. While discussions are designed to further learning, it is possible to achieve learning objectives by viewing the program.

Young people criticising the young participants in the program. Involvement was voluntary and responses were unscripted.

Over-sharing from yourself or the participants.

Female experiences dominating the discussion in co-educational settings. In keeping with the focus on boys, girls are encouraged to share their perspective on body image and males.

Discussions turning competitive or 'us and them' in co-educational settings. Ideally, discussions would help to expose the reality that body image is something that affects boys and girls.

RESET: a conversation about boys' body image

Lesson Plan - Introduction

1

Ensure you have selected your questions for discussion and activities to use

2

RESET Help-seeking handouts to be given out at the conclusion of the program

3

Set respectful participation 'rules'.

Before screening RESET ask the participants a few introductory questions and explore their answers.

Q: What do you think 'body image' is?

***Facilitator prompt:** We often think body image is about how we look. But the fact is, body image is more about how we feel about how we look.*

Q: When you hear the phrase 'body image and boys', what do you think it means?

Q: Do you think there is a male appearance/body ideal? If so, what do you think this is?

Q: Is there anyone you want to look like? Why?

***Facilitator Prompt:** We will be screening a program called **RESET: a conversation about boys' body image**.*

This will explore some of the things we've just discussed. We'll take a break halfway through and talk through some of what we've seen. I'd encourage you to share what you feel comfortable sharing. Please, let's all be respectful of each other and the comments that people make – in the room and on screen.

Screen RESET Part 1

Pause the RESET: a conversation about boys' body image video at the end of PART ONE

Use some or all of the discussion questions for broader conversations with the participants.

Influences & Stereotypes

Q: Let's make a list of the different influences on males that were shared in the video. From that list, which do you think are the most influential on boys of your age? Why?

Q: Are the influences on body image the same for boys and girls, or are they different?

Q: Why do you think boys are worrying more about their appearance and body these days? Is how we look becoming more important now than in the past?

Q: Think about our grandfathers and when they were teenagers. Do you think 'muscles, leanness and looks' were important back then? Why or why not?

Q: What does it mean to 'Be a Man' in the 21st century? How have the stereotypes for boys changed - either positively or negatively? What do you think has influenced these changes?

Q: Can you think of any role models who don't fit these stereotypes? What qualities are they admired for?

Discussion Questions

Teasing and Bullying

Facilitator prompt: In RESET, we heard the boys talk about what they have seen and experienced when it comes to appearance and weight-based teasing. We know and hear about the impact and consequences about teasing, yet it still happens.

Q: Think about your group of friends. Have you seen or experienced appearance teasing?

Q: Think-Pair-Share: What are some signs that the teasing has become more than 'banter'? How do we know the difference between 'bullying' and 'banter'?

Healthy Exercise Behaviours

Facilitator prompt: Exercise and training are really important for our physical and mental health!

The human body has been designed to move and it is vital for our health that we find and participate in physical activities that we enjoy.

Q: How do you like to exercise? What sports do you enjoy playing? Not everyone likes sport, so what activities do you do, or could you do, if you're not into sports.

Q: How do you feel when you are exercising, training or playing sport?

Facilitator prompt: These are great answers. Feeling good, strong, healthy and comfortable in your body are all positive feelings.

Q: What might be some signs that someone's exercise and training habits are no longer healthy, or that exercise, sport and training are not working for us?

Facilitator prompt: For some people, training becomes obsessive and rigid which isn't always good for their physical and mental health. It could also be a sign that something else is going on. It's OK to want to look good but obsessing about it can be really dangerous.

Signs that training or exercise is being taken too far:

- Training is no longer fun
- Thinking about training a lot of the time
- Doing more than the coach, or your/their training program, requires
- Becoming obsessed with getting fit and building muscle
- Getting really stressed, anxious and angry if you/they can't train or get to the gym.

When exercise is taken too far, it is not good for us as it can affect our bodies and minds. Obvious signs can be seen, such as:

- Performance may be impacted (i.e. no longer getting results)
- Training and not resting even when your/their body is sore and/or injured
- Mood is impacted. Ideally, exercise makes us feel good, strong and healthy but, when taken too far the opposite starts to happen.

Facilitator prompt: These are signs that a person doesn't have a positive relationship with exercise and may indicate that something more serious is developing.

Let's get comfortable and watch PART TWO of RESET where some of these behaviours are explored.

If you are screening over a double period or multiple sessions, you may wish to include one of the following exercises.

Activity 1: Break away activity in small groups (2-3)

A. Debunking Male Stereotypes

Ask participants to brainstorm some common stereotypes about males (write these on the whiteboard).

These might include:

- Boys don't cry or share their feelings
- Good looking boys will be more successful & happy
- If you're a boy, you must be into sports
- To be a man you need a six-pack, big biceps and good hair.

Q: Are there any costs associated with trying to achieve/live up to these stereotypes?

Q: Is there anything you can do to combat these stereotypes and pressures?

Suggested responses: Keep your social media feeds diverse; look to follow people who have a range of passions and interests; recognise that media portrayals don't always reflect true life.

If the participants are open to sharing, discuss with the group. Alternatively, ask participants to post their thoughts on the wall and invite them to walk around and see what others have said.

B. Real-life Role Models

(It is important that the facilitator has an example of a real life role model that inspires them).

Encourage the participants to think about or research some males who don't live up to the 'male appearance ideal' or who have shared their personal struggles.

This could be an individual in the media or someone they know personally.

Q: What did they share? What stereotype did they challenge?

Q: Do you think they are inspiring for doing this? If yes, what makes them inspiring?

Facilitator prompt: There are many males who actively challenge the stereotypes placed upon boys and men. These people are strong, positive influences on us. They don't have to be a celebrity, they can be anyone in your life – a coach, teacher, family member etc.

Screen Part Two

Upon completion of part two, invite comments from the participants about what they learned and found interesting about the program.

Q: We touched briefly on bullying in the last section. What happened to Mitch as a result of the bullying he received? Did hearing Mitch's story surprise you?

Facilitators: Please refer to the 'Troubleshoot' response on page 19 if a participant asks 'What is an eating disorder' or 'I didn't know that boys could have Anorexia'.

Q: What can we do if we or someone we care about is being bullied about how they look?

Q: All the young people shared why they believe talking about feelings is harder for boys. Do you agree with the views expressed in the film?

Why? What can happen if we ignore or suppress our feelings?

Q: Do you think there's anything you could do to encourage your mates to start talking about serious things and to help make it a bit easier?

Q: It's really important to have someone to talk to. Thinking about the people in your life, who do you feel you could talk to if you were struggling? They don't need to share their person.

Q: Do you know of some organisations that teenage boys can access to get help if they're struggling with their thoughts and feelings? Brainstorm with the group.

Optional Take Home Activity:

- Ask the boys to research some organisations that support boys and their mental health. You might like them to report back, or do this as a follow up activity beyond the program.
- Ask the boys to find out what the organisation does and the different ways they offer their support (e.g. telephone, email, face-to-face support).

Discussion Questions

Facilitator prompt: *We've learned more today about boys and body image. Taking pride in our appearance and staying healthy are really important as it shows that we're respecting ourselves and our bodies.*

Q: Let's brainstorm some habits, behaviours or attitudes that we can adopt to help us feel good about our appearance and living in our body.

**Suggested tips/
prompts to add:**

- Don't tease people for how they look, their muscularity level, height, size, skin, weight etc. It's not ok

- Challenge body ideals for males; boys' bodies come in a range of shapes and sizes too
- Be aware of who you follow on social media and how their posts make you feel
- Exercise with your whole body in mind, not just your muscles
- Find things about yourself that you like. Build those more, not just your muscles
- Eat well, from a range of food groups
- Listen to your body. Make sure you give your body enough time to rest after training
- Hang around people who make you feel good
- Dress in a way that makes you feel good. It's not about impressing everyone else
- Speak up if you or someone you know is struggling.

ACTIVITY 2: Reset the conversation about body image and boys

- Assign participants to small groups
- Ask them to choose one of the positive strategies from the brainstormed list (or provide them with one)

- Have them develop a poster presentation, a two minute skit or a short digital clip (if equipment is available) showcasing their strategy
- Share these with the group, display them around the school, screen clips at assemblies; help to 'RESET' the conversations.

Hand out the RESET Help-seeking Handout to all participants before they finish the session. This provides them with help-seeking information, should they need it for themselves or a friend.

Lesson Plan: End

Lesson Close

Thank the participants for their involvement, invite them to talk to you or another member of your team if they have any concerns.

Provide all participants with the RESET: a conversation about boys' body image Help-seeking Handout provided at the end of the guide.

Follow Up

We encourage facilitators to follow up with RESET participants in the weeks following.

This can be as simple as checking in with them and asking how they're going or to recall some things they learnt from the program.

RESET

Boys' bodies come in a range of shapes and sizes. Boys experience negative body image and eating disorders. If you, or a mate, are struggling with your body image, it's important to talk about it! It's time to RESET masculine, muscular and appearance ideals for boys.

Asking for help can be scary; 'What do I say?', 'What will they say?', 'What will happen next?'

Asking for help takes courage:

1. Find someone you trust and choose the time.
2. Message, email, call or sit down with someone.
3. 'Can I talk to you about something?'
4. When they say 'yes', take a deep breath and share how you're feeling.

If you don't feel like talking to someone you know, there are free and confidential support services that are available to listen and offer help.

Butterfly National Helpline

National helpline for anyone concerned about eating disorders or body image issues.

FREE and confidential,
7 days a week, 8am-Midnight AEST

Webchat butterflynationalhelpline.org.au
Call **1800 33 46 73 (1800 ED HOPE)**
Email support@thebutterflyfoundation.org.au

KidsHelpline www.kidshelpline.com.au/teens
ReachOut Australia au.reachout.com
Youth Beyond Blue www.youthbeyondblue.com
Headspace www.eheadspace.org.au

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Troubleshooting challenging questions/responses

If you don't feel comfortable or know what to say if a participant asks a challenging question, let them know that you'll find out and get back to them.

I didn't think about my body image until now? Should I be more worried than I am?

The aim of RESET: a conversation about boys' body image is to help people understand that boys do think and worry about their appearance and body shape from time to time. It's great that you don't think much about it. That's a good sign that you've got a healthy body image. However, it may not be the case for others,

and it's important that you think about the words you use around appearance and understand that other people may be struggling.

It is also important to remember that body image isn't static, therefore the feelings we have about our body now, may change. It's also good to know what to do should you find yourself struggling with your body image.

What's an eating disorder?

Eating disorders are serious and complex mental and physical illnesses. They affect males and females, from all backgrounds and across many cultures. They are not a lifestyle choice, or about someone seeking attention. They can be life

threatening and it's really important if someone is worried about themselves or a friend, that they ask for help. A full recovery from an eating disorder is possible.

I didn't know boys could experience Anorexia Nervosa?

Anorexia Nervosa is an eating disorder. While there are more females than males that experience Anorexia Nervosa, males can experience it too. Eating disorders are complex and very serious mental and physical illnesses that can and do develop in boys.

What about people who have big muscles, but think they don't?

Many people may think about their muscle size but for some people with a really serious body image problem, they may not see what their body or muscles really look like. It's called Muscle Dysmorphia or sometimes 'bigorexia' in which people, mostly males, are obsessed with the size of their muscles. They worry that they are not muscular or lean enough or that their bodies are too underdeveloped and weak. People experiencing this really need to seek support.

You are welcome to email your question to reset@thebutterflyfoundation.org.au and our team can provide you with a helpful response.

What to do if you're concerned about a young person

Eating disorders are serious, complex and potentially life threatening mental and physical illnesses. Eating disorders can and do develop in boys, with cases being reported in children as young as seven years old. 25% of people experiencing Anorexia Nervosa and Bulimia Nervosa are male, and almost an equal number of males and females experience Binge Eating Disorder. Eating disorders have one of the highest mortality rates of all psychiatric disorders and suicide rates are 20% higher in eating disorder patients than in the general population.

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Due to under-diagnosis and stigma, the number of males with eating disorders may be much higher than reported.

What to do if you're concerned about a young person

Risk factors for males:

- Perfectionism, bullying, dieting, trauma, higher weight in childhood place a male at higher risk
- A family history of eating disorders
- Being an athlete. Male athletes have an increased vulnerability to eating disorders, particularly those who participate in activities and sports with a greater emphasis on weight and shape.

Warning signs in males?

First, it is important to be aware that serious body image issues and eating disorders do develop in boys.

Acting on warning signs is key as early intervention can reduce the duration and severity of an eating disorder and make a full recovery more likely.

Please note that eating and body image disorders often present with other mental illnesses including depression, anxiety, obsessive compulsive disorder and addictions.

There are a number of physical, psychological and biological warning signs:

- Preoccupation with body building, weight lifting, strength training or going to the gym
- Preoccupation with muscularity

- Exercising when sick or injured
- Increased injuries and/or illness as a result of over-training
- Anxiety or stress due to missing workouts
- Decreased mood and performance (school, sport)
- Withdrawal from previously enjoyed activities
- Overuse of supplementation (i.e. protein) or using anabolic steroids
- Changes to eating patterns
- Possible conflict over gender identity or sexual orientation.

Why it's important to say and do something sooner rather than later!

In your role, you may be one of the first people to notice if something more serious is developing in a young male, or you may be approached by one of their friends or peers. Typically, those experiencing eating disorders may resist help. Knowing what to say and feeling confident to approach the person will help to ensure you can have the most positive conversation possible.

Early intervention is key. It can reduce severity, duration and also make a full recovery more likely.

Butterfly National Helpline

Our specialist counsellors offer free and confidential information, referrals and support to anyone concerned by an eating disorder or body image issue. They can talk through your concerns, or you can give the details of the Helpline to parents or other caregivers or the young person you are concerned about.

The Butterfly National Helpline is available 7 days a week, 8am to midnight AEST.

Webchat: butterflynationalhelpline.org.au

Call: 1800 33 4673 (1800 ED HOPE)

Email: support@thebutterflyfoundation.org.au



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**Call:
1800 33 4673
(1800 ED HOPE)**

Additional Resources

How Far Is Too Far

An early intervention website designed to support parents and professionals with concerns regarding a young person's exercising and eating behaviours.

www.howfaristoofar.org.au

Mental Health First Aid for Eating Disorders

Detailed early information strategies to guide an early intervention approach if you're concerned about someone with an eating disorder.

www.mhfa.com.au

National Eating Disorder Collaboration

This website contains the latest research, information, factsheets and resources to better understand the different types of eating disorders, their risk factors and warning signs.

www.nedc.com.au

For further information about Muscle Dysmorphia please refer to:

www.mghocd.org/what-is-muscle-dysmorphia

www.mirror-mirror.org/muscle-dysmorphia.htm

ReachOut Australia

Helps Under 25s with everyday questions through to dealing with tough times. They provide a range of information & tools for young people & their parents, as well as free downloadable programs for schools.

www.reachout.com.au

eSafety Wellbeing Directory

This directory brings resources together in one place to make it easier for school staff to access positive and helpful tools.

www.esafety.gov.au/wellbeing-directory

Youth Beyond Blue

This is beyondblue's dedicated site for youth. Information, resources and support for young people dealing with depression and/or anxiety.

www.youthbeyondblue.com

Butterfly Education

Butterfly Education offers evidence-based, on-site and off-site professional training and parent seminars. These sessions are role appropriate and work to support your whole school/organisation with information and strategies to address negative body image and eating disorders. Butterfly Education also facilitates sessions directly to young people.

www.thebutterflyfoundation.org.au/

[our-services/education/for-professionals-and-teachers](http://www.thebutterflyfoundation.org.au/our-services/education/for-professionals-and-teachers)

For further information please contact

education@thebutterflyfoundation.org.au

RESET

a conversation about boys' body image

FAQ About RESET

Why is it called RESET: a conversation about boys' body image (RESET)?

The name RESET: a conversation about boys' body image was chosen as it best captures the aim of the program; to help young people RESET their current thinking around boys' body image, particularly with regard to societal appearance, muscular and masculine ideals.

Can RESET: a conversation about boys' body image be screened with girls?

Yes. RESET: a conversation about boys' body image has been developed to raise awareness and start the conversation about boys' body image. RESET can help girls to better understand body image from a male perspective. It is important that girls are provided the opportunity to share what they think and see in relation to boys and their body image when the program is delivered in a co-educational setting.

Can RESET: a conversation about boys' body image be used in primary schools?

No. Due to the nature of the content and the inclusion of a lived experience story, it does not adhere to guidelines in primary school settings and, therefore, is not suitable or recommended for primary school aged children.

Can RESET: a conversation about boys' body image be used in other settings?

Yes. While RESET has been designed for the classroom, RESET can be used in any setting where boys are involved (e.g. Scouts, sporting organisations).

Can RESET: a conversation about boys' body image be used in the home?

There is no reason why RESET can't be screened in a home setting. We recommend use with young people aged 13-18 and that parents view the

program with their children. The discussion questions included in this guide can be adapted for positive conversations between parents and adolescents.

Who can facilitate RESET: a conversation about boys' body image?

RESET has been developed to initiate a discussion about boys' body image. As it is a health promotion program, it can be facilitated by any staff member on your team. The aim of this guide is to support a positive delivery of RESET. We encourage that preconceived ideas about body image are addressed to ensure that discussions and responses from facilitators are on message and helpful.

Can I just screen the video part of the program?

The program can be delivered just using the video component but, for a greater impact, we recommend that the full program be facilitated using the

digital program in conjunction with the lesson plan.

How do we inform parents/guardians about RESET: a conversation about boys' body image?

You can use the parent information letter included at the end of this guide. Parents can also access information directly about RESET from www.thebutterflyfoundation.org.au/reset

What if we're concerned about a young person?

As RESET raises awareness about negative body image and eating disorders in boys, it may highlight an issue for a young person or flag concern in a friend or teacher. We encourage any issues raised by a student, their friend or staff member to be taken seriously. Referral information can be found in the 'Eating disorders in boys: What to do if you're concerned about a young person' section of this guide.

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Boys' bodies come in a range of shapes and sizes. Boys experience negative body image and eating disorders. If you, or a mate, are struggling with your body image, it's important to talk about it! It's time to RESET masculine, muscular and appearance ideals for boys.

Asking for help can be scary: 'What do I say?', 'What will they say?', 'What will happen next?'

Asking for help takes courage:

1. Find someone you trust and choose the time.
2. Message, email, call or sit down with someone.
3. 'Can I talk to you about something?'
4. When they say 'yes', take a deep breath and share how you're feeling.

If you don't feel like talking to someone you know, there are free and confidential support services that are available to listen and offer help.



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Butterfly National Helpline

National helpline for anyone concerned about eating disorders or body image issues. FREE and confidential, 7 days a week, 8am-Midnight AEST.

Webchat: butterflynationalhelpline.org.au

Call: [1800 33 4673 \(1800 ED HOPE\)](tel:1800334673)

Email: support@thebutterflyfoundation.org.au

KidsHelpline: www.kidshelpline.com.au/teens

ReachOut Australia: au.reachout.com

Youth Beyond Blue: www.youthbeyondblue.com

Headspace: www.eheadspspace.org.au

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Dear Parent/Guardians,

RESET: a conversation about boys' body image

The Butterfly Foundation (Butterfly) supports all Australians experiencing eating disorders and negative body image. Butterfly Prevention Services is a core service of Butterfly which offers Australia-wide programs to address the modifiable risk and protective factors that underpin the development of negative body image and eating disorders in young people.

Butterfly Prevention Services has developed Australia's first evidence-based, digital in-classroom program specifically designed to support boys and their body image.

RESET: a conversation about boys' body image is a teacher-led program that your child will be participating in soon.

It may be surprising to learn that body image is a top personal concern for boys aged 15-19. Masculinity, muscularity, social media influence, societal trends and pressures all contribute to the increase in boys experiencing body dissatisfaction.

Negative body image and eating disorders do not only affect girls. Lack of awareness, stigma and attitudes such as 'it's a girl thing' contribute to the low percentage of boys who reach out and ask for help when serious issues develop. As a result, many boys suffer in silence which impacts their mental and physical health.

RESET: a conversation about boys' body image is a prevention focused, health promotion program and has been developed in conjunction with an expert advisory group and adheres to evidence-based, best practice mental health literacy guidelines.

For more information about RESET: a conversation about boys' body image, please visit www.thebutterflyfoundation.org.au/reset. Should you have specific questions or comments, please contact Butterfly Prevention Services reset@thebutterflyfoundation.org.au

Kind regards,



Danni Rowlands

National Manager, Prevention Services /RESET Project Manager
The Butterfly Foundation
education@thebutterflyfoundation.org.au
www.thebutterflyfoundation.org.au



Butterfly

Foundation for Eating Disorders