



AUDIENCE
Seniors (16-18 year olds)



SESSION LENGTH
1 hour



GROUP SIZE
Up to 200

LET'S TALK

Eating Disorder Myths

SUPPORTING BODY CONFIDENCE AND HEALTHY RELATIONSHIPS WITH FOOD AND EXERCISE IN YOUNG PEOPLE



This presentation explores the many myths that exist about eating disorders, which both confuse the issue and act as a barrier to accessing help and support. It aims to strengthen young people's mental health literacy with specific reference to eating disorders and to reduce the stigma associated with these illnesses.

Incorporating specific lived experience examples, the session is delivered by trained facilitators working to Butterfly's 'do no harm' policy.

"Hearing how people have reached out for help and the positive impact that's had is really beneficial".

Student, Year 11

AUSTRALIAN CURRICULUM LINKS

- ▶ HPE Personal, Social & Community Health – Communicating and interacting for health and wellbeing (Yr 8)
- ▶ Evaluate health information and communicate their own and others' health concerns others (ACPPS076)
- ▶ General Capabilities – CCT, PSC, EU

Bookings, fees & questions please contact

Butterfly Prevention Team
education@butterfly.org.au
02 8456 3908
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KEY THEMES

In this session, young people will explore:

- The difference between mental health problems and mental illnesses
- The spectrum of body and eating attitudes and behaviours, from healthy to disordered
- Common myths around the prevalence, causes and presentations of eating disorders
- Warning signs for when thinking and behaviours are problematic
- The importance of help seeking and early intervention for one self and for others
- How to support a friend struggling with body image issues or an eating disorder

RISK FACTORS ADDRESSED

- Body dissatisfaction
- Restrictive dieting

PROTECTIVE FACTORS SUPPORTED

- Emotional well-being
- Problem solving and coping skills
- Peer or social support structures



Butterfly
LET'S TALK eating disorders