



**AUDIENCE**  
Year 9-10 (14-16 year olds)



**SESSION LENGTH**  
1 hour



**GROUP SIZE**  
Up to 200

# LET'S TALK

## Appearance Ideals And Expectations

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



This presentation focuses on factors that place pressure on young people to look and be a certain way. Incorporating positive mindset concepts it aims to help young people understand how internalising these ideals and pressures impacts body image. The session also unpacks appearance based talk, body comparisons and appearance teasing/bullying.

Young people are empowered to challenge what they see and advocate for change in an effort to build a more positive body image. The topic is brought to life through real-life experiences shared by our trained facilitators.

“It was great to hear from someone who has experienced these feelings sharing real advice.”

**Student, Year 9**

### AUSTRALIAN CURRICULUM LINKS

- ▶ HPE Personal, Social & Community Health – Being healthy safe and active
- ▶ Evaluate factors that shape identities & critically analyse how individuals impact the identity of others(ACPPS089)
- ▶ General Capabilities – CCT, PSC, EU

**Bookings, fees & questions please contact**

**Butterfly Prevention Team**  
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### KEY THEMES

In this session, young people will explore:

- The role of positive and negative self-talk on feelings about our self and our bodies
- How to shut down appearance based talk
- Where appearance ideals come from, who benefits and what are the potential costs
- Strategies to derail and reduce body comparisons
- Managing online appearance teasing and bullying
- Practical ideas for boosting body confidence
- The importance of reaching out for help for ourselves or others

### RISK FACTORS ADDRESSED

- Low self-esteem
- Body dissatisfaction
- Internalisation of appearance ideals
- Appearance teasing and bullying

### PROTECTIVE FACTORS SUPPORTED

- Positive self-esteem
- Emotional well-being
- Problem solving and coping skills



**Butterfly**  
LET'S TALK eating disorders