



# BODY CONFIDENT CHILDREN & TEENS

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



**AUDIENCE**  
Parents & Community



**SESSION LENGTH**  
1.5hrs Face-to-Face  
1hr 15mins Virtual



**GROUP SIZE**  
No upper limit



**COST**  
\$750 +GST



This relaxed and informal seminar for parents and community members provides knowledge, practical information and tips on promoting positive body image in the home throughout childhood and adolescence. The session explores why positive body esteem, non-dieting approaches and healthy behaviours in relation to food and exercise are strong protective factors in the development of eating disorders. It looks at the power of positive role modelling, reducing appearance based talk and importantly how to respond when a child expresses negativity towards themselves or others.

Whilst the session does aim to increase understanding of eating disorders the focus is on prevention and fostering positive body image and healthy behaviours.

“So glad I came. There is so much pressure on kids these days and it’s hard to know what to do. This has given me lots of really practical ideas.”

**Parent, WA**

## KEY THEMES

- Overview of body image and the importance of prevention.
- The spectrum of body and eating issues from healthy, to unhealthy, to disordered and clinical diagnosis
- Key influences on body image, including social media and the importance of ‘positive following’
- Diet culture and weight stigma
- Busting common myths around eating disorders
- Reducing appearance based talk and how to respond when a child expresses negativity towards themselves or others
- The power of role modelling positive body image and healthy behaviours
- Understanding early warning signs and the importance of early intervention
- Referral and support information, including Butterfly’s National Helpline

**Bookings, fees & questions please contact**

**Butterfly Prevention Team**  
education@butterfly.org.au  
02 8456 3908  
[www.butterfly.org.au](http://www.butterfly.org.au)

