



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



**SESSION LENGTH**  
1 hour



**GROUP SIZE**  
Up to 200

# LET'S TALK

## *Relationships with eating and exercise?*

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



This presentation is designed to help young people understand what a healthy relationship with their bodies, eating and exercise feels like. It explores the various influences on our understanding of health and fitness, including the diet industry and harms associated with fad diets. It explores healthier more productive ways to support health and wellbeing, including listening to our bodies and adopting behaviours that can be maintained long term.

The topic is brought to life through real-life experiences shared by our trained facilitators.

*"My body knows what is right for me. I need to tune in more because healthy isn't one look"*

**Student, Year 10**

### 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 (ACPPS076)
- ▶ HPE Personal, Social & Community Health – Contributing to healthy and active communities (Yr 9&10)
- ▶ Critique behaviours and contextual factors that influence health and wellbeing of diverse communities (ACPPS098)
- ▶ General Capabilities – CCT, PSC, EU

### Bookings, fees & questions please contact

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

### KEY THEMES

In this session, young people will explore:

- Health as a multi-faceted concept that cannot be determined simply by the way a person looks
- What makes a relationship positive and healthy and how can this be applied to self and body
- How attitudes and beliefs about health, food and exercise are influenced by a wide range of factors
- Debunking commonly held beliefs
- The importance of tuning into and trusting our own bodies and feelings
- Strategies for developing positive relationships with food, exercise and our bodies
- The importance of reaching out for help for ourselves or others

### RISK FACTORS ADDRESSED

- Body dissatisfaction
- Internalisation of appearance ideals
- Restrictive dieting

### PROTECTIVE FACTORS SUPPORTED

- Emotional well-being
- Problem solving and coping skills
- Healthy relationships with food and exercise



**Butterfly**  
LET'S TALK eating disorders