TIPS TO SUPPORT BODY CONFIDENCE

1. Discourage appearance-based talk and be mindful of language
2. Provide evidence-based education for all members of your community
3. Be the change! Role model positive body image
4. Challenge appearance ideals with media and social media literacy
5. Say no to appearance-based teasing and/or bullying
6. Empower young people to be more than their appearance
7. Challenge diet culture and unhelpful messaging
8. Encourage healthy relationships with food and exercise
9. Address the risk and protective factors that underpin body dissatisfaction
10. Be aware of warning signs and intervene early if a young person is struggling

Worried about someone? Call Butterfly’s National Helpline
1800 ED HOPE (1800 33 4673)
thebutterflyfoundation.org.au

Butterfly Education for the prevention and early intervention of negative body image and eating disorders.

Email: education@thebutterflyfoundation.org.au  Call: 02 8456 3908  thebutterflyfoundation.org.au