

# Body Kind Schools

## Frequently Asked Questions

### What does being Body Kind mean?

Being Body Kind is shown in how we move and nourish our body and the language we use when speaking about our own body and others. It involves treating our body with kindness and respect, regardless of how it looks or what it can/can't do and celebrates body diversity and appearance differences. It encourages people to see and be more than their body and appearance.

### What is Body Kind Schools

Body Kind Schools is Butterfly's annual awareness activity for schools and other youth settings. It is an opportunity to come together to focus on the important issue of body image, and specifically being Body Kind – to our own bodies and to others; face to face and online. It is a strength based and positive health promotion initiative designed to foster positive environments for all young people, in all bodies.

### What has happened to Love Your Body Week for Schools?

Body Kind Schools is the new name for Love Your Body Week for Schools. In line with Butterfly's drive around inclusion and diversity we wanted something that would connect better with all young people. It is not always easy to like, love, accept, feel comfortable or neutral in our body but the idea of being kind to our bodies and to others is something we hope everyone can strive towards.

### When is Body Kind Schools?

During the month of September. Body Kind Schools kicks off on 5th September 2021 to coincide in with Body Image and Eating Disorders Awareness Week (BIEDAW). However, activities can be run anytime in September or beyond, whatever works best for you. Registrations for Body Kind Schools open at the beginning of Term 2 to allow people to plan their activities.

### What's involved?

Simply register and you will be provided with a range of resources to run evidence-informed activities to address positive body image. It's totally flexible and FREE and you choose the activities you would like to run. You can do a little or a lot and you can even fundraise for Butterfly.

### Why participate?

Body Kind creates an opportunity for school communities to work together on the topic of positive body image. It is designed to complement existing health and well-being programs and most importantly is FREE.

### Who can participate?

We encourage schools (Upper Primary and Secondary) and other youth settings Australia wide to get involved. Materials can be adapted to suit the groups you are working with. We do ask that an adult completes the registration.

### What about younger primary students? Where can I get resources?

Body Kind Schools materials are generally for students in Years 5 and above, but the Body Kind Fundraiser and Awareness activity can be used with students of all ages. More content for primary age students can be found within the [Butterfly Body Bright program](#) (available from Term 3 2021).

## Can I use Body *Kind* Schools as an opportunity to fundraise?

Yes! As a not-for-profit charitable organisation we would absolutely love you to! A Body *Kind* Fundraiser Guide is included in the resource portal. It's totally flexible, so you get to choose the core activity for your fundraiser or run with one of the ideas suggested by Butterfly. All funds raised through school and community fundraisers help Butterfly to continue offering free initiatives and low-cost services to young people in schools and communities, around Australia.

## Can young people lead Body *Kind* Schools Activities?

Yes! Activities can be peer or educator-led. For schools keen for young people to lead the way we are offering free online Body *Kind* Schools Leadership Workshops. These workshops aim to support young people to plan a Body *Kind* Schools activity.

## How can students be part of a Body *Kind* Schools Leadership Workshop?

Details of the sessions (Yrs 6 – 8 and 9 – 12) and a registration link are on resource portal. Please only register for these sessions once students have been identified and necessary approvals have been given.

## What does Body *Kind* Schools look like in practice?

Join one of our free support webinars (live) for school staff and find out. It will include case studies and tips for successful implementation. Details of the sessions and a registration link can be found on the resource portal.

## What is Butterfly Body Bright?

Butterfly Body Bright is a new online program for Australian primary schools to promote positive body image and healthy attitudes and behaviours launching in June 2021.

## What's the difference between Body *Kind* Schools and Butterfly Body Bright? Can I do both?

Yes, both Body *Kind* Schools and Butterfly Body Bright are evidence informed and aligned in their focus to help support positive body image and healthy behaviours. Body *Kind* Schools is designed to *raise awareness* and provide a focused opportunity to support young people's body image during September. Butterfly Body Bright is a *whole of school program* for primary schools only. It includes curriculum content (foundation upwards), professional development, information for parents and strategies to support a whole school approach.

## Who has produced Body *Kind* Schools resources?

Body *Kind* Schools resources have been developed by the Dove Self Esteem Project or Butterfly Foundation. They are evidence – informed, age and developmentally appropriate and designed for education settings.

## Where do I access Body *Kind* resources?

The resources are housed on a web portal, the URL of which is shared with registered participants. Registration allows us to track reach to share with our supporters.

## I registered but I didn't receive an email with the resource portal URL?

Please check your junk folder for an email from [education@butterfly.org.au](mailto:education@butterfly.org.au) and if not contact the Prevention Team on the same email.

## Why do we need to address body image issues in young people?

Nearly 1/3 of young people are dissatisfied or extremely dissatisfied with their body image. That's a lot of young people not feeling good about themselves. And we know that body dissatisfaction can lead to dieting and disordered eating; major risk factors

for developing an eating disorder. As a result of COVID and the huge disruptions in 2020 Butterfly is seeing a lot of young people reaching out directly to our National Helpline and increased numbers of schools seeking support. BodyKind Schools is an opportunity to give a focus to supporting young people's body image.

## What else can I do to support body confidence in young people?

Butterfly can help your school/organisation become an informed community by offering professional workshops, presentations to young people and seminars for parents. More details about our programs can be found [HERE](#). You can also share information about BodyKind Families so that body kind messaging carries through to the home environment.

## What is BodyKind Families?

BodyKind Families, is a partner program to BodyKind Schools aimed at helping Australian households to be BodyKind. The program will be launching in mid-August and is primarily aimed at parents of children 12yrs and older. It will include digital content, tips sheets and family activities to promote positive body image and healthy behaviours. This pilot program is proudly supported by the nib Foundation. All BodyKind Schools participants will be notified when the program goes live.

### To find out more, contact:

E: [education@butterfly.org.au](mailto:education@butterfly.org.au)

[www.butterfly.org.au](http://www.butterfly.org.au)