

# BodyKind

## FAMILIES

Butterfly understands how tough it can be for teenagers to feel accepting and confident in their bodies. We also know it can be hard for parents to know what to say or how best to support their teen.

Body Kind Families offers a range of resources and important tips for parents of teenagers on supporting positive body image and being BodyKind.

### TO FIND OUT MORE:

[WWW.BUTTERFLY.ORG.AU/BODYKINDFAMILIES](http://WWW.BUTTERFLY.ORG.AU/BODYKINDFAMILIES)



Free  
WEBINARS  
VIDEOS  
TIPS & MORE  
FOR PARENTS.

Includes practical tips and information to help with:



Responding to your teen's negative body talk



Building resilience to social media pressures



Talking to your teen about appearance and weight



Encouraging healthy eating & exercise behaviours



What to do if your teen is struggling

In a world where we can be anything, let's be BodyKind

*Concerned about someone?*

Butterfly's free and confidential National Helpline can support you.

Phone Email Webchat  
1800 33 4673

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