

Let's Talk... Being BodyKind Family Discussion Cards

These cards have been designed to help build connection with your teen so you can have open and honest discussions related to body image. They are an opportunity for you, as a parent, to positively role model and use positive language. Parents may find it useful to explore some of the BodyKind Families resources first before using the cards.

Find a moment or occasion when your teen might be open to the 'Let's Talk... Being BodyKind' activity – the aim is that it's fun and enjoyable.

How to use the cards – You can either print and cut the cards to make respective decks for your teen and yourself or use the pdf format for use on your phone, tablet or pc.

Please note: The cards are offered as ideas only. Feel free to adapt wording and themes to suit yourself and your family. These prompts may invite other questions (from yourself or teen), so it's fine to keep things flexible. Some blank cards have been provided which you can use for additional questions. If your teen isn't keen on sitting down with you try using the ideas as conversation starters when you are in the car or at other times. Alternatively, print the cards and place in jars (one for you, one for your teen) and pull one out from time to time.

Following the 'Let's Talk... activity' you might invite your teen to use the blank cards to write questions to you at other times. These questions might be things that they need to know, are worried about, or are not sure how to say out loud.

Talking and sharing thoughts and feelings out loud can be overwhelming so offering a way for your teen to share what they are feeling can be incredibly helpful for everyone. They can of course use email or SMS if that is preferred. You can either respond back in writing, or talk to them – whatever works best for you and your teen.

Tips to support a positive Let's Talk...Being Body *Kind* activity.



Do'

Take a moment to think before responding.

Give the other person space to give their answer before jumping in.

Aim to do more listening than talking.

Approach your teen's response with curiosity.

Encourage them to reframe things more positively, if you child is expressing body negativity,

e.g. I feel out of shape →
I would like to move my body more.

Choose a time where you have some space, time and energy to be present with your teen.

Take what they say seriously, if they are consistently responding negatively it may flag that something more serious is being experienced.

To talk through your concerns contact Butterfly's National Helpline
www.butterflynationalhelpline.org.au



Avoid

Self-criticism or body shaming.

Over-sharing. While it's important to be open, honest and relatable try avoid going into behaviours you may have engaged in. Instead focus on strategies you have used to manage feelings.

References to metrics – weight, calories etc. The questions don't lend themselves to this, but just be aware.

Dismissing your teens comments. Ensure all responses that are shared are acknowledged.

Forcing this activity. If it's not working or not fun, or not landing in a positive way, try again at another time.