



BODY IMAGE TRAINING FOR EDUCATORS

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



AUDIENCE
Educators & Professionals working with young people



SESSION LENGTH
3hrs onsite (2hrs virtual)



GROUP SIZE
Min 10 – Max 45



COST
\$2,000+GST (onsite) \$1,450+GST (virtual)
Surcharge (Groups 25+) \$50pp



Evidence based & prevention focused, this workshop explores the risk & protective factors underpinning the development of negative body image, disordered eating and eating disorders. It is designed to give those working with young people aged 8 – 18 information and tools to support body esteem education and early intervention.

“Today’s presenter was so knowledgeable and passionate. Great pace, lots of information and excellent resources that I can easily integrate into our programs.”
Educator, NSW

KEY THEMES

Part 1 - Context

- Eating and Body Attitude Spectrum
- Extent and impact of low body esteem, including in males
- Obesity and weight stigma
- Dieting and disordered eating
- Eating Disorders

Part 2 – Influences on body esteem

- Individual and environmental influences
- Media and social media
- Appearance based talk

Part 3 – Early intervention

- Warning signs in adolescents
- Importance of early intervention
- Intervention planning and referral pathways.
- Fostering a body confident environment

Part 4 – Delivery

- Positive role modelling
- Aims of body esteem education
- Effective programs
- Exploring resources & activities including Free to BE and Confident Me

NESA Accredited PD

Completing BITE (virtual) contributes to 2hrs accredited PD (priority area *Student/Child Mental Health* – standard descriptors 1.1.2 and 4.4.2 – Proficient Teacher Accreditation)

Bookings, fees & questions please contact

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