



BODY KIND

Leadership Workshop



AUDIENCE

Years 6 - 8 and Years 9 - 10



SESSION LENGTH

2.5hrs (Onsite) 1.5hrs (Virtual)



GROUP SIZE

45 max

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



The Body Kind Leadership Workshop is an interactive and engaging workshop for students in upper primary and secondary that educates and supports young people to champion being Body Kind in their class, school or community. It can be run within one school or across a group of schools.

The workshop provides young people with opportunities to discuss and explore issues around body image and appearance pressures for young people to plan and lead initiatives in their own school/communities to support body kindness for themselves and their peers.

Students of all genders and those who may be passionate about this topic (not just student leaders) are encouraged to participate in this workshop.

“It really gave us some ideas to take back to school and I liked how it focused on the positives.”

Student, Year 6

KEY THEMES

In this session young people will explore:

- Influences on body image; friends, family, media and the impact of appearance teasing
- The role of body comparisons and stereotypes
- Unpack what it means to be Body Kind
- What a Body Kind Leader is and can do
- The importance of positive role modelling
- Student led activities drawn from Body Kind Schools resources

RISK FACTORS ADDRESSED

- Low self-esteem
- Body dissatisfaction
- Overvaluing body image in defining self-worth
- Teasing

PROTECTIVE FACTORS SUPPORTED

- Emotional well-being / self-compassion
- Social skills
- Problem solving and coping skills

Bookings, fees & questions please contact
education@butterfly.org.au
02 8456 3928

www.butterfly.org.au



Butterfly
LET'S TALK eating disorders