You may wish to read this information out in assembly/class or if a club after training, a game or activity session or include in a players’/members’ email. You can also download and print the [flyer for young people](https://butterfly.org.au/wp-content/uploads/2023/08/23014_Butterfly_Design_BKYS-2023_Flyer-YoungPeople_297x210mm_CMYK_300dpi-1-FA-1.pdf). Alternative text for communicating with parents is provided [here.](https://butterfly.org.au/wp-content/uploads/2023/08/Text-to-Share-Parents_Clubs_Schools-2023.docx)

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Has anyone heard of Butterfly Foundation?

Butterfly is an Australian charity for anyone affected by body image and eating concerns. They do lots of things, including work in schools and communities, and run an initiative called Body Kind, to help young people find ways to be kinder to their own body and to others; kind in how they move, nourish and speak to their bodies.

As part of the Body Kind initiative Butterfly runs an annual Body Kind Youth Survey for ALL young people in Australia aged 12 to 18. They want to understand young people’s body image experiences and what would help them to feel more comfortable in their bodies. You’re the experts on this and they want to hear from you! By the way, for anyone not sure, body image is the thoughts, feelings, attitudes and beliefs we have about our bodies.

It’s an online survey, that takes about 15 minutes, and all responses are confidential and anonymous. It’s entirely voluntary, but if you’re under 15 you’ll need a parent’s permission to take part. There is also a chance to win one of 20 gift vouchers!

If you would like further information and to take the survey, just head to the Butterfly website: [www.butterfly.org.au/bkyouthsurvey/youngpeople](http://www.butterfly.org.au/bkyouthsurvey/youngpeople) *(or handout flyer).*

**For those involved in Body Kind Schools/Clubs you can add:** Fit and healthy bodies come in all shapes and sizes, and everyone deserves to feel comfortable in their body. We are proud to be creating a club/school environment where all bodies are treated with kindness and respect. That’s why we are getting involved in the Body Kind Schools/Clubs initiative. *(Insert information on what that looks like for your school/club).*

And just before you go, remember if you are struggling with your body image, you are not alone. I encourage you to reach out; maybe to a trusted adult, teacher or coach. Butterfly also has trained counsellors available. You can get more information at: [www.butterfly.org.au/helpline](file:///\\BFFS01\Public\Education_services\BODY%20KIND\BK%20Youth%20Survey\2022\COMMUNICATIONS\WEBSITE\FOR%20UPLOADING\www.butterfly.org.au\helpline)

A qr code on a white background

Description automatically generatedDirect survey link <https://melbourneuni.au1.qualtrics.com/jfe/form/SV_1ZV6nNZ27Ufy1zE>