



LET'S TALK

Body Image Online



AUDIENCE
Year 7-8 (12-14 year olds)



SESSION LENGTH
1 hour



GROUP SIZE
Up to 200

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



This presentation explores the role that social media plays on body confidence and self-esteem. It aims to strengthen young people's media literacy skills and empower young people, through the way they use and view social media platforms, to have a safer more *Body Kind* online experience.

The topic is brought to life through real-life experiences shared by our trained facilitators.

"It can be really hard dealing with all the stuff you see online. This has reminded me that I'm in control of what I see and feel."

Student, Year 7

AUSTRALIAN CURRICULUM LINKS

- ▶ HPE Personal, Social & Community Health – Being healthy safe and active
- ▶ Explore strategies to manage personal, physical and social changes (ACPPS071)
- ▶ General Capabilities – CCT, PSC, EU

Bookings, fees & questions please contact

Butterfly Prevention Team
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KEY THEMES

In this session, young people will explore:

- Where appearance ideals come from and the role of social media in reinforcing these
- Strategies to challenge and manage appearance pressures
- The disparity between online content and real life
- Strategies for reducing body comparisons
- Ways to take control of online experiences to support body confidence
- Managing online appearance-based teasing and bullying
- The importance of reaching out for help for ourselves or others

RISK FACTORS ADDRESSED

- Low self-esteem
- Body dissatisfaction
- Internalisation of appearance ideals
- Appearance teasing and bullying

PROTECTIVE FACTORS SUPPORTED

- Critical processing of media images
- Emotional well-being
- Problem solving and coping skills



Butterfly
LET'S TALK eating disorders