



AUDIENCE
All school staff



SESSION LENGTH
50mins – 1hr



GROUP SIZE
Min 10 – Max 120



COST
\$900+GST

CREATING A BODY *Kind* SCHOOL CULTURE

WHERE ALL BODIES ARE TREATED WITH KINDNESS AND RESPECT

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This session focuses on creating a positive, inclusive, Body *Kind* school environment to support young people's body image. Designed for all staff, it explores how by challenging some of the strong cultural beliefs around eating, weight and health we can better support young people, ourselves and the people around us. Staff are guided through 6 practical strategies to support body kindness in the whole school community.

"The session was very clear and easy to follow. The presenter was knowledgeable, informative and presented extremely well. It was an excellent session."

Educator, NSW

KEY THEMES

- Understanding body image and latest prevalence statistics in young people
- The continuum of attitudes and behaviours leading to body dissatisfaction, disordered eating and eating disorders
- Three key cultural shifts to support body kindness
- Six steps to creating a Body *Kind* school culture.
 1. Encouraging Body *Kind* language
 2. Reviewing existing learning activities and resources - are they Body *Kind*?
 3. Applying a Body *Kind* lens to school policies
 4. Responding in Body *Kind* ways to student concerns
 5. Being a Body *Kind* role model
 6. Becoming an informed Body *Kind* community

Bookings, fees & questions please contact

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