



# LET'S TALK

## Being Body Bright



**AUDIENCE**  
Year 5-6 (10-12 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 body image and the many internal and external factors that influence it, including puberty. Media literacy skills are strengthened by exploring how and why images are manipulated. It challenges young people to think how their own social media use, now or in the future, can support them to feel Bright in their bodies.

The session also unpacks body comparisons and appearance teasing/bullying. The topic is brought to life through real-life experiences shared by our trained facilitators.

“This made me reflect on the way I think about myself. Not everything we see is real.”

**Student, Year 6**

#### AUSTRALIAN CURRICULUM LINKS

- ▶ HPE Personal, Social & Community Health – Being healthy safe and active
- ▶ Explore strategies to manage physical and emotional change (ACPPS034)
- ▶ General Capabilities – CCT, PSC, EU

*Also suitable for registered Butterfly Body Bright Schools. Whilst this Butterfly facilitated session does not replace Body Bright lessons it is a compliment to the program*

#### Bookings, fees & questions please contact

**Butterfly Prevention Team**  
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**02 8456 3908**  
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#### KEY THEMES

In this session, children will explore:

- The concept of body image and what it means to feel good in our bodies
- Where ideas about appearance come from and the pressures these can place on us.
- Digital manipulation and the importance of challenging media messaging
- Why making judgements or negatively commenting on appearance isn't helpful.
- Strategies to help children be Body Bright now and in the future
- Practical ideas for seeking help from a trusted adult

#### RISK FACTORS ADDRESSED

- Low self-esteem
- Appearance teasing and bullying

#### PROTECTIVE FACTORS SUPPORTED

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



**Butterfly**  
LET'S TALK eating disorders