



# BODY IMAGE AND BOYS FOR PARENTS

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

**WEDS, 31 AUG 2022**

**7PM – 8.15PM**

**VIA ZOOM**

**Live – No Recording Available**



**AUDIENCE**  
Parents & Community



**SESSION LENGTH**  
1hr 15mins



**COST**  
FREE

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This session explores the particular challenges facing pre-teen and adolescent boys and practical strategies for parents to support the development of healthy body image and associated behaviours. Delivered by the Butterfly Foundation, Australia's largest not-for-profit for eating disorders and body image concerns.

In this session you will cover:

- Overview of body image and the importance of prevention.
- The spectrum of body and eating issues
- Common concerns for boys
- Males at higher risk
- How stereotypes, social media, diet culture and the health and fitness industries drive male appearance ideals
- Muscle dysmorphia and the mask of wellness
- The power of role modelling positive body image and healthy behaviours
- Understanding early warning signs; when training, exercise or eating behaviours become problematic.
- The importance of early intervention
- Referral and support information, including Butterfly's National Helpline

## TESTIMONIALS

"So glad I came. There is so much pressure on kids these days, it's hard to know what to do. This has given me lots of practical ideas." **Parent WA**

**Contact:**

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