

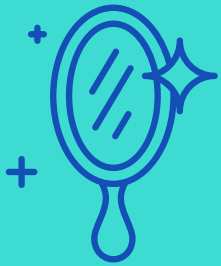
INTRODUCING

Butterfly Body Bright

Our school is excited to have registered with Butterfly Body Bright, an Australian first, whole of primary school program of the Butterfly Foundation that aims to promote positive body image and a healthy relationship with eating and physical activity in all students, so they can thrive at school and in life.

Our staff and students will be undertaking a range of activities to become a Body Bright School.

CURRENT RESEARCH TELLS US:



Around
50%

of 8-to-11-year-old girls report body dissatisfaction, often wanting to be thinner



Having a **negative body image as a child** can lead to unhelpful dieting behaviours, disordered eating, depression, social and academic challenges, and eating disorders



Boys are often wanting to be more muscular, which is starting from the early primary school years



YOU PLAY AN IMPORTANT ROLE TOO!

Access Body Bright Families for information to support body image and healthy eating and physical activity patterns in your home.

www.butterflybodybright.org.au/families



RESOURCES AND DOWNLOADS

Tips for how to start creating a Body Bright home

30 days of being a Body Bright family

Tip sheets for families (including translations in 5 languages)

Body Bright family poster

Body Bright blog

Access at www.butterflybodybright.org.au/resources



Are you concerned about your child's relationship with their body, eating and physical activity, or their physical development?

Visit www.butterflybodybright.org.au/concerned for information on warning signs and what do if you are concerned