



## Body Confident Children: Supporting Healthy Relationships with Food and Exercise in Young People

**CfC Frankston Community Workshop Series is designed for local parents/carers, sport and recreational groups, volunteers and staff working or living with children, who are seeking information and practical strategies.**

### Facilitated by the Butterfly Foundation

This workshop is interactive and covers:

- The spectrum of body and eating issues from healthy to unhealthy, to disordered and clinical diagnosis
- Key influences on body image, including social media
- Diet culture and weight stigma
- Busting myths around eating disorders
- Reducing appearance based talk and how to respond when a child expresses negativity towards themselves or others
- The power of role modelling positive body image
- Understanding early warnings signs and the importance of early intervention

**DATES:** Wednesday 1st March 2023

**TIME:** 7:00pm - 8:15pm

**WHERE:** Online Zoom Webinar

**SCAN QR CODE BELOW TO REGISTER**



For questions contact Emma Rafferty at  
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