

is for
**INCLU-
SIVE!**

Butterfly Body Bright has 6 themes. Each theme targets an important factor that contributes to the development of children's body image. The third theme is INCLUSIVE of all bodies.

Attitudes and beliefs about body shape, weight and appearance develop early. When these attitudes and beliefs are stereotypical or negative, it can reinforce weight stigma. Studies have shown that weight stigma in children can present as positive attitudes towards people with thinner bodies (e.g., that they are kind and clever) and negative attitudes towards people with larger bodies (e.g., that they are mean or have no friends). Such attitudes have been linked to body dissatisfaction and appearance-related teasing in children.

Butterfly Body Bright helps children to be INCLUSIVE of all bodies and know that bodies looking and functioning differently is something to celebrate - so that everyone feels like they belong in the world and our school community.

For more information on how to help your child to be INCLUSIVE of all bodies check out the INCLUSIVE tip sheet at www.butterflybodybright.org.au/resources

For more information about the program visit www.butterflybodybright.org.au

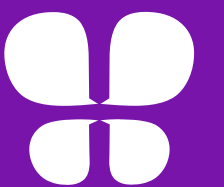
Butterfly Body Bright

What can you do at home?

Encourage your child to see all bodies as valuable and deserving of respect, no matter their shape, size or any aspect of appearance.

Remind your child that bodies grow, develop and change and that this is natural, necessary and OK, and that healthy and good bodies come in all different shapes and sizes.

Butterfly Body
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