

B

is for
BRAVE!

Butterfly Body Bright has 6 themes, with each theme targeting an important factor that contributes to the development of children's body image. The first theme is BRAVE against appearance teasing.

Research shows that receiving negative comments about appearance and being the target of appearance-related teasing and/or bullying can have negative and serious consequences on a child's body image and self-esteem. It can also increase their risk of experiencing disordered eating and eating disorders.

Butterfly Body Bright helps children to be BRAVE in their bodies, by empowering them to stand up for their own bodies and for others. It's never OK to tease or make negative comments about another's appearance.

For more information on how to help your child to be BRAVE in their body check out the BRAVE tip sheet at www.butterflybodybright.org.au/resources

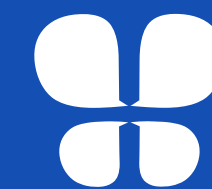
For more information about the program visit www.butterflybodybright.org.au

Butterfly Body Bright

What can you do at home?

Adopt a zero tolerance to appearance teasing or bullying, including any negative comments about appearance. Challenge and call out language, comments, teasing and nicknames that are appearance-based.

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