



PROGRAMS TO SUPPORT BODY CONFIDENCE AND HEALTHY RELATIONSHIPS WITH FOOD AND EXERCISE

Negative body image can significantly impact young peoples' learning, social connectedness, wellbeing and mental health. Body dissatisfaction can lead to dieting, disordered eating and for some, a potentially life threatening eating disorder.

The Butterfly Foundation (Butterfly) is Australia's leading not for profit organisation supporting people with eating disorders and body image concerns.

Butterfly Education (BE) provides evidence-based, age and developmentally appropriate programs which address the modifiable risk and protective factors that underpin the development of body dissatisfaction and eating disorders.

Programs are delivered by passionate advocates for mental health with backgrounds in psychology, education and health related disciplines. Sessions adhere to safe practice guidelines and are mapped to the Australian curriculum.

Our health promoting and early intervention programs support whole communities and schools and include:

- **Sessions for Young People/Young Adults** – Yrs 3 - 12 and tertiary and sporting settings.
- **Youth Leadership Workshops** – Supports students to become 'Champions for Change' to take action and implement activities to promote body confidence with their peers.
- **Professional Development** – 2 or 4hr prevention and early intervention workshops for negative body image and eating disorders. *Onsite or offsite.*
- **Parent Seminars** – information, advice and practical strategies to support the development of body confidence in children and teens. Includes tips for positive role modelling and early intervention if concerned.
- **Love Your Body Week (September)** – Free workshop materials and awareness activities to promote body confidence in schools.

**As a not for profit, all fees charged are returned to The Butterfly Foundation to support its programs and services.*

Sessions for Young People

Workshops or Presentations (50-90mins)

Yrs 3 - 4 *Just As I Am*

Explores self-esteem and body image; feelings, personal strengths and differences. It encourages respect, celebrates diversity and addresses appearance based teasing and bullying.

Yrs 5 - 6 *Building Body Confidence*

Explores the various external influences on self and body esteem and introduces stereotypes and ideals presented in media and popular culture. Encourages peer support and discusses the impact of appearance based bullying and teasing.

Yrs 7 - 8 *Savvy on Social*

Specifically addresses the role of social media on body confidence and builds social media literacy skills so that young people feel empowered if/when using social media platforms.

Yrs 8 - 10 *What does 'healthy' really look like?*

Supports young people to positively navigate through external health messages, challenge diet culture and learn how to listen to their body to be their most 'healthy' self. *NB: Does not include nutrition info.*

Yrs 9 - 10 *Great Expectations*

Explores appearance ideals, expectations and pressures and provides positive strategies to challenge and manage them.

Yrs 10 - 12 *Busting Eating Disorder Myths*

Aims to improve mental health literacy skills by busting common myths associated with negative body image and eating disorders. Encourages positive role modelling and peer support.

All sessions encourage and support help-seeking

Contact our team for information about our sessions for tertiary students and sporting groups.

For more information (bookings and fees) please contact:

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www.thebutterflyfoundation.org.au/our-services/education

**Butterfly National Helpline ED-HOPE – 8am-12am, 7 days a week
1800 33 4673 or www.thebutterflyfoundation.org.au**

