



Want to feel more comfortable in your body?

Many young people experience negative thoughts and feelings about their body.

Messages from friends, family and social media can intensify negative body image, making it difficult for young people to feel confident in who they are and engage in activities they enjoy.

Negative body image is a risk factor for developing an eating disorder, meaning it is important for young people to get support when body image concerns are arising.

Understanding and improving body image can have a positive impact on self-esteem, mood, anxiety, physical health, social wellbeing and life satisfaction.

Sign up for The Body Project Australia in Gippsland today!

www.bpa-gippsland-community.eventbrite.com.au

Questions? Contact Rosie at education@eatingdisorders.org.au

CONFIDENT

The Body Project Australia is a group-based program for young women that has been delivered worldwide. The program aims to help participants to challenge societal messages that focus on an ideal body, and to start to engage in strategies to improve their relationship with their own body.

Is this program for me? This program is for young women aged 14 to 18 who identify as having body dissatisfaction (you have negative thoughts and/or feelings about your body). The program is open to all young women who live in Gippsland, Victoria.

The program takes place through **four, 1.5hr Zoom sessions** with two facilitators (she/her) and a small group (max 10ppl). Free to join!

This is an interactive program in a friendly, small group setting. You can expect a combination of education, reflection and discussion within the group. At the end of each session you will be given an activity to complete in real life. These activities will be discussed together the following week.

There will be two programs running during Term 2:

Program 1	Program 2
3/05/21, 4pm-5.30pm	19/05/21, 4.30-6pm
10/05/21, 4pm-5.30pm	26/05/21, 4.30-6pm
17/05/21, 4pm-5.30pm	2/06/21, 4.30-6pm
24/05/21, 4pm-5.30pm	9/6/21, 4.30-6pm