



Butterfly Education

Body Confident Children and Teens for Parents

19th November – Geelong, VIC

FREE (BOOKINGS REQUIRED)

Date: Tuesday, 19th November 2019

Time: 7 - 8.30pm

Venue: Court House Youth Arts Centre, 60 Little Malop St, Geelong

Book: <https://thebutterflyfoundation.org.au/education/education-events/>

With so many confusing messages around weight, food and health and with many adults struggling with their own body image it can be difficult for parents to know how to support their child as they move through adolescence. Join the Butterfly Foundation for a relaxed and informative seminar for carers of primary and secondary age children to give knowledge, information and tips to help you better understand and promote positive body image in the home.

Topics covered include:

- Background on body image and the importance of prevention
- Key influences on body confidence, including social media
- Importance of role modelling positive body image and healthy behaviours
- Reducing appearance based talk and handling 'stuff' they say
- Awareness around behaviours that increase or decrease body satisfaction
- Referral and support information
- *Please note this session does not cover fussy eaters*

The Butterfly Foundation is Australia's largest charity supporting those affected by eating disorders and negative body image. We are bringing our unique whole community program to young people, parents & professionals in Geelong on the 19th – 20th November 2019.

For further information contact: education@thebutterflyfoundation.org.au 02 8456 3908

The Butterfly Foundation is working in partnership with the City of Geelong on this community wide body-esteem program.



Butterfly also acknowledges funding from the Cripps Foundation, the Victoria State Government and the Dove Self-Esteem Project.

