



# BODY CONFIDENT CHILDREN & TEENS WEBINAR

**SUPPORTING BODY CONFIDENCE AND  
HEALTHY RELATIONSHIPS WITH FOOD AND  
EXERCISE IN YOUNG PEOPLE**

**TUESDAY 21<sup>ST</sup> MARCH 2023**

**7.00PM – 8.15PM**

**VIA ZOOM – Time-limited recording  
available**



**AUDIENCE**  
Parents &  
Community



**SESSION LENGTH**  
1hr 15mins



**COST**  
\$15

**BOOK NOW**



This relaxed and informative seminar for carers of primary and secondary age children gives practical tips to help you better understand and promote positive body image in the home. Delivered by the Butterfly Foundation, Australia's largest not-for-profit for eating disorders and body image concerns.

In this session you will cover:

- Overview of body image and the importance of prevention
- The spectrum of body and eating issues
- Key influence on body image, including social media
- The impact of diet culture and weight stigma
- Busting common myths around eating disorders
- Reducing appearance talk and how to respond when a child expresses negativity towards themselves/others
- The power of role modelling positive body image and behaviours
- Understanding warning signs and the importance of early intervention.

## TESTIMONIALS

"So glad I came. There is so much pressure on kids these days, it's hard to know what to do. This has given me lots of practical ideas." **Parent WA**

**Contact:**

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