



BODY CONFIDENT CHILDREN & TEENS WEBINAR

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

THURS, 26 NOV 2020

7PM – 8.15PM

VIA ZOOM

**Live – No recording
available**



AUDIENCE
Parents, Carers &
Community



SESSION LENGTH
1 hr, plus 15 mins
question time



COST
FREE

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With so many confusing messages around weight and shape and with many adults struggling with their own body image it can be difficult for parents to know how best to support their child as they move through adolescence.

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 influences 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.

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