



# 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**

**[BOOK NOW](#)**

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.

For booking please [click here](#).