Body Confident
Children & Teens

Information and tips for parents

We are pleased to offer parents a presentation that aims to equip you with knowledge, information and tips to help you better understand and promote positive body image at home! This presentation is designed to help you feel empowered to support your child and their body confidence as they move through puberty and adolescence.

Topics include:
- Background on body image and importance of prevention
- Overview of eating disorders and warning signs
- Key influences on body confidence
- Importance of role modeling positive body image and healthy behaviours
- Understanding ‘Fat Talk’
- Awareness around behaviours that increase or decrease body satisfaction
- Referral information

EDASA, 199 Sturt Street, ADELAIDE
Thursday, 11th September 2014, 7pm – 8.30pm
$20 per person

BOOK YOUR PLACE ONLINE – www.thebutterflyfoundation.org.au

FOR MORE INFORMATION
Please contact Helen Bird: helen.bird@thebutterflyfoundation.org.au
T: 02 8456 3908

The Butterfly Foundation presents

The Butterfly Foundation presents

Butterfly Support Line 9am-5pm, Mon-Fri
1800 33 4673 (1800 ED HOPE)
support@thebutterflyfoundation.org.au