



SCHOOL & YOUTH PRESENTATIONS & WORKSHOPS

EMPOWERING – EVIDENCE BASED – POSITIVE – PREVENTION/HEALTH FOCUSED

Butterfly offers workshops and presentations directly to young people. By addressing various factors that underpin body image, they aim to enable males and females to embrace, accept and respect their whole self. Sessions are evidence based with consistent, progressive, relevant and appropriate messaging.

Workshop & Presentation topics for Years 3-12

Presentations (From 45-60mins): Interactive and engaging; explore key, relevant messages.

Workshops (From 1.5-2hrs): Expand on key messages covered in presentations by including interactive activities and in-depth discussions; max 30 young people or a class size.

TOPICS COVERED AT EACH YEAR LEVEL

Year 3-4 Just as I am (workshop only)

- how special and unique each of us is
- our feelings and the amazing things our body can do
- the power of words (including appearance based bullying/teasing)
- non-appearance based compliments (through a positive, peer supported activity)

Year 5-6 Building Body Confidence (workshop or presentation)

- concept of self-esteem and introduces the idea of body image as a feeling
- key influences that can impact a young person's body confidence, including friends
- tricks used to create the images young people are exposed to (includes a digital manipulation clip)

Year 7-8 Getting Media Savvy (workshop or presentation)

- how body comparisons (with friends, peers, family, people in the media), which become prevalent at this age, make us feel
- importance of positive friendships (and discussion of the frenemy concept)
- the role media plays in body satisfaction/dissatisfaction

Year 9+ Great Expectations (interactive presentation)

- individual and environmental influences on a young person's self and body confidence
- role of social networking sites and advertising,
- concepts of *Fat Talk*, negative self-talk and the impact body comparisons can have
- the language/dialogue used within friendship, peer groups and our society

Year 9+ Living Healthy & Free (interactive presentation)

- what is meant by 'healthy living' and the role it plays in self-esteem and body image
- some common myths around health, food and exercise
- dangers of dieting and overtraining
- importance of developing positive coping strategies during high pressure/stressful times

N.B. Does not discuss nutrition or ideas on exercise but highlights the importance of developing a healthy attitude and relationship to food and exercise for overall wellbeing

Supported by Berrima District
Rotary
Club 

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Butterfly
Foundation for Eating Disorders