



RAISING BODY*Kind* TEENS

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

Merici College

Wednesday 30th July, 2025

6.30pm – 8.00pm



AUDIENCE

Parents &
Community



SESSION LENGTH

90 mins



**COST
FREE**

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This session provides information and practical tips to help parents support positive body image in teenagers. It encourages all members of the family to be BodyKind; kind in the way they move, nourish, nurture and speak about their own body and others. Importantly, it provides guidance on what to do if you are concerned and how to be a positive role model.

KEY THEMES

- How positive body image protects against the development of serious body and eating issues.
- Key influences on body image, including diet culture and social media.
- Strategies to reduce appearance talk, body comparisons and increase positive online experiences.
- How to respond to negative body talk and appearance bullying/teasing.
- Supporting BodyKind eating, movement and self-care in teens.
- The importance of early intervention and what to do if you are concerned

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**

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