



FREE WEBINARS FOR PARENTS – SUPPORT HEALTHY BODY IMAGE IN YOUR CHILD

01 SEPT 2021 (FREE)
7PM – 8.15PM
VIA ZOOM
Live – No recording
available

[**BOOK NOW**](#)

09 SEPT 2021 (FREE)
7PM – 8.15PM
VIA ZOOM
Live – No recording
available

[**BOOK NOW**](#)

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<https://events.butterfly.org.au/portal>

These webinars are offered as part of Butterfly's Body*Kind* Families initiative designed to help parents support their teen's body image. Register for either webinar and gain automatic access to additional Body*Kind* Families resources – videos, factsheets, family activities and audio materials. For more information: www.butterfly.org.au/bodykindfamilies

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LET'S TALK BODY CONFIDENT CHILDREN AND TEENS

Delivered by Butterfly Foundation, this webinar for carers of primary and secondary age children provides practical tips to help you better understand and promote positive body image in the home and healthy eating and exercise behaviours. **Learn about:** the power of positive role modelling; reducing toxic body talk; developing resilience to social media pressures; and what to do if you are concerned. For a full session outline visit: www.butterfly.org.au

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LET'S TALK BODY IMAGE IN BOYS

For parents/carers of pre-teen and adolescent boys this webinar explores the challenges young males are facing and practical strategies to support the development of a healthy body image in boys. **Learn about:** the common concerns for boys and who is at higher risk; how stereotypes, social media and the sport and fitness industry drive appearance pressures; common signs that training, exercise and eating may be problematic; and what to do if you are concerned.

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LET'S TALK eating disorders