

# BODY SAFETY AUSTRALIA

## Positive Body Image Professional Development

IMAGINE  
ME  
BODY SAFETY AUSTRALIA

Adolescence can be a challenging time as young people go through a period of transition and growth. These years are critical in forming their identity, relationship to self and others, perception of the world and so much more. This program **promotes positive body image** and encourages students to reflect on **physical, emotional, and mental health** as a prevention measure regarding eating disorders.

Offered as **one 2 hour session**, our Imagine Me Professional Development supports your **Child Safe Standards, Respectful Relationships curriculum** and covers the following:

Understanding disordered eating

Awareness of body needs

Media literacy

Self-esteem enhancement

Responding to internal and external pressure

Cognitive dissonance skills for children

Supporting you to meet  
Child Safe Standards  
2, 3, 4, 5, 6, 8 and 9

Supporting you to meet  
APST 1.1, 2.6, 3.5, 3.7, 4.1,  
4.4, 4.5, 6.2, 6.4, 7.1, 7.2  
and 7.3

*We have a strong commitment to provide all communities with body safety education that celebrates children of all socio-economic status, religions, abilities, sexualities, gender identities, cultures, and/or family structure.*

*Body Safety Australia acknowledges and pays respect to the past, present, and future Traditional Custodians and Elders of this nation and the continuation of cultural, spiritual, and educational practices of Aboriginal and Torres Strait Islander peoples. We acknowledge that sovereignty has never been ceded.*

*Always was, always will be, Aboriginal land.*

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