

BODY SAFETY AUSTRALIA

Positive Body Image Parent Carer Workshop

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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.

This **one hour** workshop for parents and carers aims to inform you of what your child will be learning with us and how you can **keep the conversation going at home**. The workshop will cover the contents of the school program, including:

Understanding disordered eating

Modelling positive body image and healthy eating

Managing body image messages from outside the family

Gender stereotypes

Celebrating failures

Inner voices

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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