

The Butterfly Foundation presents

Dove BodyThink Educator Training



Australia's largest Annual Youth Survey in 2013, again found Body Image to be one of the top three areas of concern for young people under the age of 25.

(Mission Australia, National Youth Survey of Young Australians—2013)

More than 70% of adolescent girls want to be thinner, even those of low weight.

Body Image and Eating Behaviour Project, Paxton, S (2005)

This 3 hour workshop is designed for teachers, youth workers and community professionals in the use of the self esteem, body image and media literacy program 'Dove BodyThink'. The target age for this program is 11-14yo (male and female) however the information presented at this workshop is suitable for young people generally. Dove BodyThink was evaluated by La Trobe University in 2007.

The Butterfly Foundation is proud to be working with the Dove Self Esteem Fund to assist young people better understand and re-address feelings of low self worth and body dissatisfaction that can lead to dangerous and unhealthy dieting practices—a major predictor in the development of disordered eating and eating disorders.

This workshop includes:

- Up to date and relevant information on body image to support the program
- An interactive walk through of the Dove BodyThink program
- The Dove BodyThink manual and 'Fabricating Beauty' DVD is included in this workshop

A certificate of participation to verify professional development hours is available on request.

Date: Thursday 30th October 2014
Time: 9am—12pm (registration from 8.45am)
Venue: Hadleys Hotel, 34 Murray Street, Hobart 7000
Cost: \$75 (Incl. GST) *Includes morning tea.*

TO REGISTER:

- [Education Services—For Professionals' section of our website.](#)
- For more information please email or call Helen Bird:
Helen.Bird@thebutterflyfoundation.org.au or (T) 02 8456 3908

thebutterflyfoundation.org.au

Butterfly Support Line 1800 33 4673



Butterfly
Foundation for Eating Disorders