

BODYTHINK

A program to promote positive
body image and self esteem

Educator Training Seminars

presented by
The Butterfly Foundation

A Dove Self Esteem Fund Initiative
Proudly supported by the Department
for Victorian Communities

**Less than a quarter of Australian girls
and a third of Australian boys are satisfied with their weight.**

(Paxton.S.J, 2002, No. 6 Body Image, Research Overview)

The Butterfly Foundation is proud to be working towards assisting young people re-address these feelings of low self worth that often lead to low self esteem and dangerous dieting practices - a major predictor of developing an eating disorder.

This training is for primary and secondary school teachers, youth workers and health and community professionals in the use of "BodyThink" – an internationally acclaimed program designed to assist young people improve their body image, self esteem and media literacy. "BodyThink" can be used from Years 6 – 9 in classrooms and small groups.

The "BodyThink" trainers are Claire Vickery (B.A. Anthropology, CEO/Founder – The Butterfly Foundation) and Julie Thomson (B.A., B.SocWork, Cert. iv Workplace Assessment & Training).

All attendees will receive a full colour "BodyThink" manual containing inspiring classroom activities and a DVD illustrating the affects of the media on young people.

Training cost: **\$40**
(All-inclusive for 3 hour session)

Training dates :

Wednesday July 19th	St Catherine's Girls School (Toorak)
Tuesday August 15th	Maroondah Federation Estate, Supported by Women's Health East (Ringwood)
Friday October 20th	Great Dandenong Community Health Service, (Springvale)
Wednesday October 25th	VicHealth (Carlton)
Friday November 17th	Ballarat Grammar School (Ballarat)

Future "BodyThink" trainings in 2007 are scheduled to be held in Southern and Western suburbs of Melbourne, Geelong, Mildura and Bendigo.
To pre-register your interest email caz@thebutterflyfoundation.org.au

To reserve your place please printout the attached Booking Form, fill out and return to us with payment.

