



# Body Esteem Educator Training – BENDIGO

Professional development, focused on creating a body confident environment for the young people you work with.

<b>Date</b>	Tuesday 28 <sup>th</sup> August
<b>Time</b>	9am – 1pm includes morning tea
<b>Venue</b>	YO Bendigo
<b>Cost</b>	45 Mundy Street \$170 (incl GST)

Locally supported by



**Evidence based & prevention focused;** addressing risk & protective factors underpinning the development of disordered eating and eating disorders. Topics include **resilience, peer support & digital literacy;** which are of benefit to the wellbeing of all students. *Please note, this is not a clinical training about eating disorders*

**Suitable for** teachers, youth workers & community professionals working with young people of all genders.

#### You will explore:

- The spectrum of behaviours from healthy to unhealthy
- Latest research & evidence based approaches to prevention
- The importance of healthy body-esteem and knowledge of modifiable risk and protective factors.
- How to foster a body positive environment through education, awareness and policy.
- A selection of activities and resources to support body esteem.
- What to do if you suspect a young person is at risk

#### Registration fee includes:

- A copy of *Free to BE – A Body Esteem Resource* (Years 3- 12)
- Dove Self Esteem Project materials – Confident Me & digital clip

For more information and to book: <https://thebutterflyfoundation.org.au/our-services/education/>

Butterfly acknowledges the support of:

