

# Media Release

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Tuesday 9 April 2019

## **Create a positive body image for your children**

Residents are invited to learn about creating a positive body image for the young people they care for, at a brand-new *Body Confident Tweens and Teens* session.

**The session, run by Camden Council in partnership with The Butterfly Foundation, will be held on Monday 13 May, 6-7.30pm, at Narellan Library.**

The Butterfly Foundation Education Services Manager, Helen Bird, thanked Council for the opportunity to increase awareness, reduce stigma and encourage help-seeking.

“With so many confusing messages around health, diet and exercise, it can be difficult to know how best to support body confidence in our children,” Ms Bird said.

“In this session, we’ll be talking about why positive body esteem, non-dieting approaches and healthy food and exercise behaviours are strong protective factors. We’ll give tips on positive role modelling, reducing appearance-talk in the home and what to say if your child express negativity towards themselves or others.

“This session will be empowering and will encourage parents and carers to trust their instincts and to seek help if they are at all concerned. Parents and carers are the most influential role model in a child’s life and, at every stage of development, there are things they can do to support a healthy body image.”

Mayor of Camden, Cr Peter Sidgreaves, said he was proud to be hosting this session.

“Recent research from a number of different sources tell us many Australian pre-teens and teenagers have a negative relationship with their weight,” Cr Sidgreaves said.

“In fact, the recent Mission Australia Youth Survey told us more than 30 per cent of 15-19-year-old Australians are either ‘extremely’ or ‘very’ concerned about body image and 50 per cent of girls aged 14-15 years were afraid of gaining weight.

“It’s so important our young residents feel comfortable and confident in the skin they’re in.

“While this is the first body confidence-focused session, it forms part of Council’s continued activities and programs to support our local parents, grandparents and carers who are raising teens in these challenging and dynamic times. We also run activities and programs to encourage young people to be and express themselves.”

For more information, visit [library.camden.nsw.gov.au](http://library.camden.nsw.gov.au) or call 4645 5039.

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