

RESOURCES FOR RAISING BODY *Kind* TEENS

As a parent/care-giver you are in a unique position to have a significant and positive impact on a teen's relationship with their body, eating and exercise.

A positive body image and practicing being kind to their body can help teens to thrive in all aspects of their lives and reduces the risk of developing more serious body image issues and eating disorders.



6 STEPS TO RAISING A BODY *Kind* TEEN

1 Support a Body *Kind* online experience

2 Reduce body/appearance comparisons

3 Reduce appearance talk and encourage *Kind* language

4 Practice self-compassion to be Body *Kind*

5 Support Body *Kind* eating and movement

6 Respond in Body *Kind* ways to body talk and bullying

HELP YOUR TEEN TO:

- Take control of their online experiences and be authentic and kind.
- Accept their body more and compare less by focusing on function over appearance and challenging negative thoughts.
- Speak kindly about their own and all bodies and practice reducing appearance talk.
- Practice self-compassion and self-care in ways that work for them.
- Eat and move to support mind and body and learn to trust their body instead of diet culture.
- Know that appearance teasing/bullying is never OK. Walk away, call it out, or tell someone.

BUTTERFLY BODY *Kind* FAMILY RESOURCES



Body *Kind*
Families
Resources
Portal – For
All Content



Social
Media Tips



Positive
Relationships
with Eating
Tips



Improving
Language
Tips



Body *Kind*
Teen Journal



30 Days of
Body *Kind*
Families



Celebrating
All Bodies
Tips



Body Bright
Resources
for Families
of Pre-Teens

Body *Kind* Family Resources



BUTTERFLY NATIONAL HELPLINE

Free and confidential support and referrals
8am-midnight, 7 days a week.

1800 ED HOPE – 1800 33 46 73

Phone Chat Email

BODY IMAGE, EATING DISORDERS AND EARLY INTERVENTION

[Butterfly Foundation website – Factsheets & Helpline](#)

[Feed Your Instinct Early Intervention for Parents](#)

[National Eating Disorder Collaboration \(NEDC\)](#)

[Mental Health First Aid Guidelines for Eating Disorders](#)

SOCIAL MEDIA

[Australian e-Safety Commission](#)

[@thebutterflyfoundation](#) - check our socials and who we follow

OTHER PROGRAMS & RESOURCES

[RESET: a conversation about boys' body image – 13+](#)

[Dove Self Esteem Project – Confidence Kit for Parents](#)

[Embrace Hub](#)

HEALTH NOT WEIGHT

[Size Inclusive Health Australia](#)

[Health Not Diets](#)

CONCERNED ABOUT A YOUNG PERSON?

Despite best parenting efforts serious body and eating issues can develop.

For more information see the *Body Kind* Families video and tips sheet

[What to do if you are concerned](#)

