

## BodyKind Families

### Suggested Newsletter Content

New resources for parents of teenagers from the Butterfly Foundation, Australia's leading not for profit for eating disorders and body image.

Parents can have a really positive influence on the way their young person thinks, feels and behaves when it comes to their body and appearance. Body Kind Families, a new initiative from the Butterfly Foundation for eating disorders, is for parents of teenagers. It provides FREE resources and important tips on supporting positive body image and being body kind, to our own body and to others.

Body Kind Families is one part of Butterfly's [Body Kind](#) annual awareness campaign creating positive body image environments (schools, homes and online) for young Australians.

Body Kind Family resources have been developed by Butterfly and leading body image experts and include: live webinars, videos, tip sheets, audio resources and family activities on topics that parents said were important to them.

For further information and to receive resources, visit <https://butterfly.org.au/bodykindfamilies>

**Contact:**

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