

Module 1: CREATING A POSITIVE BODY IMAGE HOME ENVIRONMENT

Creating a positive body image home is the cornerstone of raising body-confident kids. During this module you will learn:

- How to detect and respond to developing body dissatisfaction
- How to become body image ambassadors for your children and set a positive example around food, exercise and weight
- How to use body positive language when discussing food, exercise and weight with your children
- Clinical examples to illustrate the above issues

Module 2: IDENTITY

Building a child's identity is essential to a healthy self-esteem. Children need to know and value their importance in the world outside of their appearance. This module will explore how to help your children develop a well-rounded identity. The following sub topics will be examined within the context of identity formation:

- Parents, peers and celebrities as role models
- Teaching your children how to become resilient
- Understanding and developing a compassion practice with your children

Module 3 and 4: MEDIA LITERACY (1 and 2)

Our children are exposed to unprecedented levels and types of media. Between traditional and social media, images of the beauty ideal are reaching children at alarming rates. Over two sessions you will explore:

- How to challenge unrealistic body stereotypes in mainstream media (TV, movies, magazines and on billboards)

- Appearance-related challenges associated with music videos (YouTube) and computer games
- Tips and tools for helping children think about and manage appearance related pressures associated with social media e.g., Facebook, Instagram, Snapchat, musical.ly

Module 5: PUBERTY AND THE CONSEQUENCES OF DIETING IN CHILDHOOD

Puberty has always been challenging for children but never before have pubertal changes been as public as they are today, primarily as a result of social media. This module will provide you with:

- Information on the physical and emotional changes associated with puberty
- Tips and ideas on how to help and support your children's appearance related anxiety
- Essential information detailing the risks and consequences associated with childhood dieting
- How you can protect your children from the dieting epidemic

Module 6: BULLYING

Today children are MOST likely to be bullied because of their appearance. In this module you will discover how to:

- Apply our 5-step plan to support your child if they are being teased or bullied
- Apply our tips and strategies to protect your child from being bullied
- Avoid making things worse for vulnerable children

Module 7: EMOTIONAL EATING

Many children eat to cope with different pressures. This can become harmful as they connect food with coping and avoid dealing with their real pain. During this module you will explore:

- Why children eat for emotional reasons
- How to protect children from managing their feelings with food
- How to guide children away from emotional eating
- What intuitive eating means, and how to reacquaint your children with intuitive eating

Module 8: A MODULE FOR FATHERS

Girls who experience a cared-for and well-connected relationship with their father:

1. Are twice as likely to complete schooling and attempt university
2. Experience fewer depressive episodes and suicide attempts
3. Experience greater confidence and self-esteem
4. Experience fewer issues with drugs and alcohol, and
5. Suffer less body dissatisfaction, dangerous dieting and eating disorders.

This module presents an 11-step plan to help fathers develop a deeper, more-connected relationship with their daughters.