

Snapshot of the Butterfly Body Bright Pilot Evaluation



Assessed the acceptability of Butterfly Body Bright lessons in the classroom and the impact on Year 4 to 6 students' body image and body attitudes.

114 students and 12 classroom teachers completed surveys.



IMPACT ON STUDENTS:

Overall group comparisons showed **statistically significant improvements**, from immediately before to after a lesson, in:

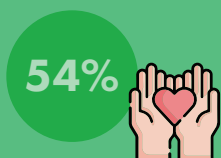
- ↑ body image
- ↑ body appreciation
- ↑ confidence to deal with appearance-teasing
- ↑ seeking help/support if they were having a hard time

Students who received BRAVE (i.e., program introductory lesson that covers all themes) reported the greatest immediate intention to avoid comparing their appearance to other people, and

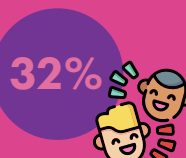


long-term showed a statistically significant improvement in body image 3-7 weeks after the lesson.

Students who received RESILIENT (i.e., media literacy-focused lesson) reported the greatest improvement in media literacy skills. Girls showed greater improvement than boys.



Reported immediate **increase in how happy they felt** about their **body shape and how they look**



Reported **immediate increase in how happy they felt** about **what their body can do**



Reported **immediate increase in confidence to deal with appearance-teasing/ bullying if they saw it happen**



Reported **immediate increase in intention to seek help/ support if having a hard time**

85% of staff said their students found the lesson content engaging.



100% said the lesson plan was useful/very useful in guiding the delivery of the lesson.



83% thought the program included useful information.

These results are really encouraging after students received just one Body Bright lesson. This gives great hope with what can be achieved when schools embed the school culture changes, more staff training, and students receive more lessons and continue to have Body Bright lessons each year throughout primary school.

Thank you to **FDC Construction and Fitout** for their donation that allowed the pilot evaluation to be possible. Research conducted in conjunction with **La Trobe University EMBodied Research Group**.



Find full report [here](#). For more information about Butterfly Body Bright visit www.butterflybodybright.org.au