

Getting started with a Body Bright home

BRAVE

Try to ✓

Make your home a free-zone of negative or teasing appearance-related comments (including nicknames)

Avoid ✗

Encouraging your child to change their appearance to avoid getting teased in the future.

GRATEFUL

Try to ✓

Focus on what makes everyone in your family unique and what bodies can do.

Avoid ✗

Making comparisons, and allowing others to make comparisons, between your child's body/appearance and any other person.

RESILIENT

Try to ✓

Help your child to be aware of the tips and tricks used to alter the appearance of images they see in all types of media.

Avoid ✗

Endorsing the appearance ideals that are often presented in media (e.g., *complimenting only thin or muscular bodies*)

HAPPY

Try to ✓

Encourage joyful movement in your family, which means moving in ways that feel good and are fun.

Avoid ✗

Attaching physical activity to weight, shape and size, or used as a tool to change the body (e.g., *lose weight/increase muscle size*). This includes, avoiding suggesting food should be earned or worked off.

INCLUSIVE

Try to ✓

Encourage a celebration and acceptance of different body shapes and sizes, and aspects of appearance.

Avoid ✗

Making assumptions of a person's health, intellect, or personal value, based on how they look or what they weigh.

THOUGHTFUL

Try to ✓

Remind children, and role model, that all foods can be part of healthy eating and serve a purpose (e.g., nutrition, fuel, enjoyment). Call foods by their name (e.g., *lollies – instead of sugar or a treat*)

Avoid ✗

Attaching moral value to foods and labelling foods as good/bad or healthy/unhealthy, avoid demonising foods (e.g., *telling children sugar is 'bad'*)



For more tips like these and information on how you can be Body Bright at home, visit:

www.butterflybodybright.org.au/resources