

# Become a Friend of Butterfly

Yes, I would like to be kept informed about all the goings on at The Butterfly Foundation through

Friend of Butterfly Newsletter

I would like to be kept informed of when BodyThink Trainings are being held in:

ACT  NSW  NT  SA

TAS  VIC  WA

## DETAILS:

Name: \_\_\_\_\_

Organisation: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ P/Code: \_\_\_\_\_

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M: \_\_\_\_\_

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Comments:

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Thank-you, your support is appreciated

## SCHOOL FUNDRAISING

The Butterfly Foundation has beautiful merchandise that can be sold at your school. All proceeds from our merchandise sales directly help sufferers of eating disorders & supports the work of the foundation:

- Butterfly Pens (\$5.00ea)
- Butterfly Lapel Pins (\$5.00ea)
- Wristbands (\$3.00ea)
- Tattoos (\$1 for 10)

Merchandise needs to be pre-purchased from the Online Butterfly Shop, however any items not sold can be returned and a refund will be issued.

Please contact Laura at the Butterfly Foundation should you have any questions regarding merchandise or you can purchase online at [www.thebutterflyfoundation.org.au](http://www.thebutterflyfoundation.org.au).

## DONATIONS

The Butterfly Foundation is extremely appreciative & grateful for any donations your school would like to contribute.

If your school would like a Butterfly representative to accept your donation or be present at your event then please contact Danni at the Foundation (subject to availability).

## THE BUTTERFLY FOUNDATION

PO BOX 453

MALVERN VIC 3144

t: 03 9822-5771

f: 03 9822-5776

e: [danni@thebutterflyfoundation.org.au](mailto:danni@thebutterflyfoundation.org.au)

w: [www.thebutterflyfoundation.org.au](http://www.thebutterflyfoundation.org.au)

The butterfly foundation

Supporting Australians with Eating Disorders



The butterfly foundation

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## School Services

**VISION** To live in a world that celebrates health, well being & diversity.

# The Butterfly Foundation

The Butterfly Foundation is Australia's largest charitable foundation working to support sufferers of eating disorders & negative body image. It was founded in 2002 by Claire Vickery who found many 'gaps' in the public health system for those suffering from eating disorders. The foundation is a community based charitable organisation based in Melbourne, Victoria.

## WHAT WE DO

- Provide Direct Financial Relief for Sufferers
- Advocacy & Awareness
- Fundraising Events
- Day Program for Young People with Diagnosed Eating Disorders
- Prevention Programs for Young People
- Training for Community Professionals

## PREVENTION/EARLY INTERVENTION

Today there is more pressure than ever before on young people who are exposed to highly stylised & unrealistic images in the media at an alarming rate every day. This can lead to feelings of inadequacy & dangerous comparisons which can result in low self esteem & negative body image.

The Butterfly Foundation offers support to schools & community groups in the form of workshops & presentations to assist young people to improve their body image, self esteem & media literacy. We also train teachers & community professionals in our BodyThink program. School presentations & workshops can be delivered in schools around Australia.

## BODYTHINK TRAINING

BodyThink is a program aimed at helping young people improve their self esteem, body image & media literacy. Half day trainings are held around Australia for teachers & community professionals, with all attendees receiving a full colour BodyThink manual & DVD. For more information on BodyThink or to register your interest please visit our website or complete the form attached to this brochure.

## SCHOOL SERVICES

The Butterfly Foundation can facilitate fun & interactive presentations & workshops for male & female students on the following topics:

- ◆ Self Esteem/Body Image & Media Literacy (Gr 6-Yr10)
- ◆ Health, Fitness & Body Image (Gr 6-Yr10)
- ◆ Body Image & The Media (Yr10-12)



## WORKSHOPS

90 minutes for 10-30 students

These workshops are interactive & include components of:

- Discussions & Activities on Self Esteem & Body Image
- Media Literacy Awareness
- Screening of the 'Fabricating Beauty' DVD
- Complimenting Exercises
- Fun Physical Activity (Health, Fitness & Body Image Only)

## PRESENTATIONS

30mins, 45mins or 1hr

These presentations include questions to/from the audience, but do not involve activities. For this reason they can be delivered to large numbers of students eg. 100+.

The following topics are presented:

- Self Esteem & Body Image
- Media Influences & Impacts
- Screening of the 'Fabricating Beauty' DVD
- Benefits of Enjoyable Physical Activity
- Self Esteem & Body Image Booster Tips

## COST \$

There is no set fee for our school services however we do appreciate donations to assist with our costs. This is at the discretion of your school/service however as a guide we have found that we usually receive \$200 per workshop & \$100 donation per presentation. These donations assist the Foundation in the work we do with young people.

***All donations are tax deductible & we are very happy to provide you with a Tax Invoice for your accounting purposes.***

## HOW TO BOOK A PRESENTATION OR WORKSHOP...

**STEP 1:** Contact Danni Watts (Project Officer) at The Butterfly Foundation to negotiate a date & time for your session. Sessions are run during business hours, Monday-Friday (except Tuesdays).

**T: 03 9822-5771**

**E: [danni@thebutterflyfoundation.org.au](mailto:danni@thebutterflyfoundation.org.au)**

**STEP 2:** You will also need to confirm

- Presentation/Workshop Topic
- Year Level
- Number of Students participating
- Contact person & school details
- Donation amount



**STEP 3:** A confirmation email will be sent from The Butterfly Foundation. A reminder will be sent 24hrs prior to the session or on the Friday preceding a Monday booking.

## ON THE DAY:

Your facilitator will arrive 15mins prior to the session to set up. The following needs to be provided for sessions & will be discussed with you at the time of booking

- Lap Top (with DVD player)
- Speakers
- Overhead Screen
- Data Projector
- A lectern & microphone for large groups
- A comfortable classroom for all workshops
- Students will require a pen for workshops



## CANCELLATIONS

Please provide as much notice as possible should you need to cancel or postpone.

As interstate bookings require higher levels of expense including flights &/or accommodation, at least 2 weeks notice must be given to cancel these sessions.