Body Positivity

According to Butterfly Foundation eating disorders impact over 1 million Australians each year with only 1 in 10 Australians able to recognise the signs of an eating disorder. Butterfly Foundation is the national charity for all Australians impacted by eating disorders and body image issues, and for the families, friends and communities who support them.

We are committed to raising awareness and creating positive body image in our community. It is important that we reduce the stigma and dispel the myths around body image and disordered eating and talk openly about how to identify the signs and support those at risk, including those more broadly affected. We encourage you to explore Butterfly Foundation's website and arm yourself with knowledge, resources and tips to ensure we are all playing our part in keeping our dance community happy and healthy.

The following information can be found on the Butterfly Foundation website

- What is early intervention?
- Why is it important to know the signs and act early? - Early intervention means an individual is twice as likely to achieve recovery
- How to know the signs - Recognising the physical, psychological and behavioral signs.
- Identifying who is at risk
- How to start the conversation - click here for some tips on conversation starters
- How to find a professional to help
- Body Image Tips for Young People
- 6 Ways to be Body Positive

Who can I talk to?

If you or anyone you know is affected you can also contact the Butterfly Foundation's National Helpline for confidential and free support for eating disorders and body image concerns. Counsellors are available 7 days a week, 8am-midnight (AEST).

Call 1800 ED HOPE (1800 33 4673), chat online or email support@butterfly.org.au

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