Here are some Frequently Asked Questions about Butterfly Body Bright. If your question is not answered here, please Contact Us at www.butterflybodybright.org.au/contact-us

**What if some school staff don’t want to do the staff training or be involved with Butterfly Body Bright?**

Of course, we would love all staff to jump on board the Butterfly Body Bright train, but we respect that not all staff will understand ‘why’ it is important, or feel they have time (or energy) to take on something new. The program has been developed to be flexible so, if only some of your staff are keen to implement the program, that will still have a positive impact. Perhaps in time, other staff will understand the aims of Butterfly Body Bright and change their perspective!

**What if no one at our school wants to be the Butterfly Body Bright Lead?**

We get it! Teachers have a lot to do and not a lot of time to do it! While the Body Bright Lead does play a significant role in helping the program roll out in a school, the Butterfly Body Bright project team are here to help if this proves difficult. It’s also OK if you choose to nominate more than one Lead. The program has been designed to be flexible, so it can work in all schools – school settings are different, just like children’s bodies! If you’re not clear on the role of the Butterfly Body Bright Lead, please contact us and we can talk you through it bodybright@butterfly.org.au

**Do I need to do the online staff training before delivering Body Bright lessons?**

Yes! The Body Bright Schools online staff training provides an overview of the important information and concepts that underpin the six Body Bright themes. Therefore, it is important that staff have a strong understanding of the topic prior to delivering the lessons with students. This ensures the lessons are delivered in the way they are designed.

**I’m not a school, can I still use Butterfly Body Bright?**

Butterfly Body Bright has been designed for primary school education settings, but if you are a professional who works with children under the age of 12, and you’re keen to support their body image then please Contact Us and we can talk through your needs.

**If we register, but cannot commit to the program what happens next?**

That would be a shame but we understand that, despite your best efforts, it may not be feasible to implement Butterfly Body Bright in your school within 12 months of registration. You are required to renew your registration annually, so your initial registration will expire after 12 months but, should you be unable to commit to the program, we would appreciate it if you contact us so we can de-register your school. You will not qualify to receive a Body Bright School digital badge. Butterfly Body Bright promotes inclusivity so, if you feel better positioned to bring Butterfly Body Bright to your school at a later date, simply register again. Easy!

**If we sign up now, how long do we have access to Butterfly Body Bright?**

12 months! All schools that register will be given free access for 12 months from the date of registration. We hope that this timeframe will allow schools sufficient time to understand the program, complete the staff training, deliver some lessons and start to adopt some strategies to support their school culture.
What happens after the first year of registration?

Body Bright Schools aims to support students during each year of their schooling, and the evidence tells us that longer term programs will have a better outcome. Schools will need to re-register annually and, each year, Body Bright Schools will be provided with the opportunity to have more staff trained, more lessons delivered, staff previously trained can choose to learn more, and your families will be given more resources and information to help their child at home. The Butterfly Body Bright team are here to ensure the smooth roll out in schools, now and over the coming years!

It's free to register now, but when will schools be charged and how much will it cost?

Butterfly Body Bright is currently offered free of charge, with thanks to the program’s initial funding from FDC Construction. From August 2021, the project will enter Phase 2 (supported by Sportsgirl), but, at this time, we cannot confirm if or when we would offer Butterfly Body Bright with a fee. What we can confirm, however, is that any fees would be returned to the program to support its sustainability, and be at a low cost so that the program remains accessible.

We already do work on self-esteem with our students, would this program be worthwhile?

That’s great to hear! Self-esteem is tightly connected to body image and so, yes, Butterfly Body Bright is a worthwhile program for your students. It will also work well alongside any wellbeing program for that matter! We know that there are no other evidence-informed, whole school, and curriculum-aligned body image programs for primary schools – until now! Butterfly Body Bright aims to ensure students see their worth well beyond their appearance and that they learn how to take care of themselves and their body!

Our school participates in Butterfly’s Body Kind Schools initiative. Can we still register to be a Butterfly Body Bright school?

Yes! Body Kind Schools is an annual awareness initiative of Butterfly Foundation that has a simple call to action, asking young people to be kind to all bodies. While the messages within Body Kind Schools does complement those within Butterfly Body Bright, they are different. Butterfly Body Bright is a whole school program that requires schools to make a commitment, has a higher level of engagement, and is implemented over a longer time frame. It is also specifically designed for primary school settings and covers topics more broadly and extensively (i.e., school culture, staff knowledge, curriculum, and families).

Do you cover content on puberty?

Butterfly Body Bright does not directly include lessons about physical changes during puberty. However, lessons developed for Year 5 and 6 do consider that children will be learning about, and also possibly starting, puberty. These lessons can support other puberty and healthy relationships content you already deliver to these students. Lessons for senior primary school students support children to focus on what their bodies can do, celebrate the differences and be grateful, as well as support them to manage stressors and change in positive ways. The lessons also acknowledge that everybody is different and that our bodies change differently too.

Can the curriculum content be used for mixed/composite classes?

Yes! Butterfly Body Bright has been developed to align with curriculum and, while there are activities created for every year level so that students can benefit from a different Body Bright Schools lesson each year, you can use the lessons in mixed or composite groups as follows: Foundation, Yr1-2, 3-4, 5-6. We encourage the teacher leading the activity to use their discretion to ensure that the lesson is pitched at the right level for their students.

Is this a nutrition program?

No, it is not. Butterfly Body Bright’s Thoughtful theme supports the development of a healthy relationship with eating and food. It explores balanced, mindful and intuitive eating to help children understand how to eat, rather than telling them what to eat (and what not to eat)! The Thoughtful lessons may be used alongside other nutrition or ‘healthy eating’ lessons or programs.
Will Butterfly Body Bright stop eating disorders from developing?

Eating disorders are complex physical and mental illnesses and develop due to a range of biological, psychological, and environmental factors and, so, we do not claim that Butterfly Body Bright will stop eating disorders.

Butterfly Body Bright aims to support the development of healthy and positive attitudes to the body, eating and physical activity, and our aim is that, should Butterfly Body Bright be fully integrated into a school, it will increase a child’s resilience and strengthen their protective factors against body dissatisfaction and disordered eating - which may reduce their risk of developing more serious body image and eating issues during adolescence.

What if we have a child with an eating disorder in our class or school? Can we still be a Body Bright School?

Butterfly Body Bright has been developed to be inclusive of all students; it is strength focused and adopts a ‘do no harm’ approach. Butterfly Foundation is an organisation that supports people experiencing eating disorders and body image concerns, so we truly do it ‘get it’. The program addresses the known risk and protective factors in an age and developmentally appropriate way, and does not discuss serious body image issues or eating disorders within the lessons.

Children experiencing, or at-risk of developing, serious body image concerns or an eating disorder may respond differently to some of the discussion questions based on what they are thinking, feeling or experiencing. Within the resources for staff, there are tips to help navigate responses and questions.

We recommend that all schools advise their families if they are implementing Butterfly Body Bright and, in the event a family is concerned that the program may be triggering for their child, they are welcome to contact the Butterfly Body Bright project team at bodybright@butterfly.org.au

If you need information about how to support a student experiencing an eating disorder, or talk through concerns about a child, we encourage you to contact the Butterfly National Helpline. The Butterfly National Helpline is a free and confidential service that is operated by highly trained counsellors www.butterflynationalhelpline.org.au

Could the Body Bright Curriculum cause distress for students?

Butterfly adopts a ‘do no harm’ approach with all our projects and services. The program is strength-focused, and content has been developed across the six themes by a range of leading experts. We know that different things affect children differently, for a range of reasons, and school staff may not always know what is going on with a child in their classroom.

If a child does respond in a concerning way, this may alert you to the fact that they are struggling, and it is important to provide your staff with the tools and skills to intervene in a sensitive and appropriate way. There is information within the online staff training to support staff in the event they are concerned, and the lesson plans offer tips to navigate tricky responses and comments. If you are concerned about a student, we encourage you to visit the ‘Concerned About a Child Page’ www.butterflybodybright.org.au/concerned-about-a-child
We have a staff member who has an eating disorder, can they deliver the Butterfly Body Bright program?

It is a sad reality that there may be more people experiencing (or have previously experienced) an eating disorder in your community than you realise. You may also have staff member who is caring for someone; a child, sibling, partner, parent, or friend.

All staff are supported to deliver the program in their professional role. It is important that staff maintain clear boundaries with their students and do not disclose specific details about their eating disorder. Guidelines on safe communication about eating disorders recommend that eating disorder education is not delivered in primary school settings, and this includes sharing information about lived experience. It is important that staff members refrain from sharing specific information and details about their eating disorder behaviours, weights, volume of activity or share other numbers because this information can be problematic for vulnerable young people. This is important for the safety of the staff member as well as the students. The nature of the lessons and the discussions does not lend itself to sharing of personal details from staff or students, in relation to serious body image concerns or eating issues.

If you, or someone on staff, requires support for themselves or a loved one, we encourage you to contact the Butterfly National Helpline. The Butterfly National Helpline is a free and confidential service that is operated by highly trained counsellors www.butterflynationalhelpline.org.au. Should you/they wish to learn how to share their story safely (in other settings), they can visit https://storiesfromexperience.com.au/how/ or visit the Butterfly Share Your Story page, to learn more https://butterfly.org.au/get-involved/share-your-story/.