

Body Image & Self-Esteem

One of the downsides of modern society is that we and our youth are bombarded with 'cookie-cutter' images and unrealistic ideals. It is essential to help young people and adults learn about building a healthy body image and positive self esteem.

Red Ginger Services offers a number of programs to help people understand how to be the best that they can be.



AUSTRALIA

Almost 1 in 2 females, and 1 in 5 males, are either very concerned or extremely concerned about their body image.

(Mission Australia, 2014)

Rock What Ya Got! for 10-17 year olds

My One, My Only for adults

My Body, My Temple for adults, with a holistic and spiritual focus



Red Ginger Services

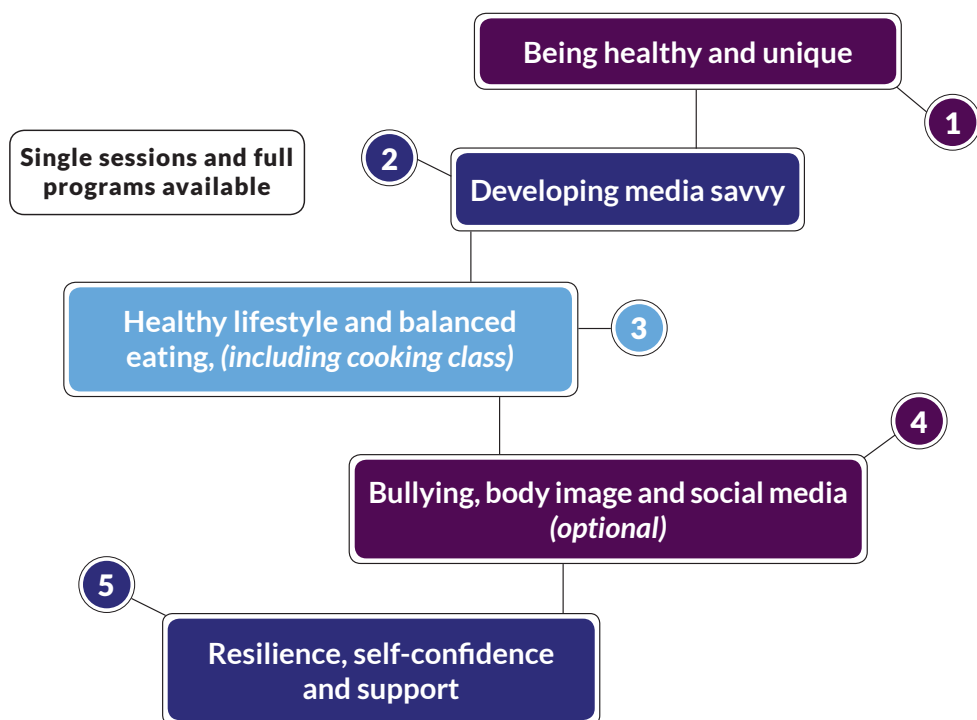
Body Image & Self-Esteem

And I said to my body, softly, "I want to be your friend."

It took a long breath and replied, "I have been waiting my whole life for this."

- Nayyirah Waheed

Our programs explore:



Our programs are flexible to suit your needs and budget!



Red Ginger Services

+61 407 420 068
info@redginger.net.au
www.redginger.net.au





Rock What Ya Got!

Body Image & Self-Esteem Program

Introduction

Positive body image and self-esteem are vital to leading a physically and mentally healthy life. They determine how we view ourselves and our place in the world and are tied to every aspect of our lives, from what we wear, to our moods, relationships and sexuality.

One of the downsides of modern society is that we and our youth are bombarded with 'cookie-cutter' images and unrealistic ideals. So what are the facts?

- Almost **1 in 2** females, and **1 in 5** males, are either very concerned or extremely concerned about their body image, (Mission Australia, 2014)
- For the 5th year in a row, body image rated as one of the **top three of all concerns** of young people in Australia, (Mission Australia, 2014)
- **84.3%** of young people reported they know **at least one person** with an eating disorder, (NEDC, 2010)
- Women with an eating disorder are **75% more likely** to develop **depression**, (ACHPER Healthy Lifestyles Journal)

It is increasingly essential to help young people and adults learn about building a healthy body image and positive self-esteem. *Red Ginger Services* offers a number of body image and self-esteem programs to help people understand how to be the best that they can be.



Rock What Ya Got!

Body Image & Self-Esteem Program

Our programs:

- Teach participants about balanced nutrition, healthy lifestyle, mental wellbeing and being media savvy
- Raise awareness of body image issues and highlight **all** the qualities that make up a person
- Help stop the cycle of negative body ideals and misinformation by developing resilience and increasing self-respect
- Complement traditional forms of therapy

Rock What Ya Got!

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Rock What Ya Got! is a body image and self-esteem program for 10-17 year-olds with an adaptable format. It teaches participants about the importance of maintaining positivity in the way they view themselves, by looking beyond the superficial and appreciating what the body allows us to do, to feel and to become.



Rock What Ya Got!

Body Image & Self-Esteem Program

Rock What Ya Got! introduces strategies for strength against the barrage of media imagery and helps to develop realistic ideas about participants' own bodies and the bodies of others.

The program is suitable for **all young people**, including those who are struggling with poor body image and self-esteem, and those showing early signs of dysphoria.

Our program explores:

- The importance of being healthy and unique
- Developing media savvy
- Lifestyle choices and balanced eating, with a healthy cooking class
- Bullying, body image and social media (*optional*)
- Resilience, self-confidence and support

We aim to challenge negative stereotypes, promote safe and healthy relationships with themselves and others, and teach them how to think critically in regards to body image and what they are being exposed to.

All sessions within *Rock What Ya Got!* are flexible and able to be tailored to the specific age and needs of your group, (i.e. topics can be merged, shortened, lengthened or incorporated into a full program depending on the length of the session/s allocated). Extra information and/or activities can be included or excluded as appropriate.

Call us for a quote today!

www.redginger.net.au

t: 0407 420 068 e: info@redginger.net.au