

# *My Body, My Life*



## *Body Image Program for Adolescent Girls*

- Do you worry about your body shape?
- Are you someone that compares yourself to others?
  - Are you often dieting?
- Do you binge eat or eat when you are upset?
- Do you have body image or eating concerns?
- Do you want to feel better about yourself?

**If you answered yes to any of these questions, this program may benefit you.**

Many teenage girls feel unhappy about their body shape or weight, and some may be binge eating or using unhealthy weight loss strategies, such as crash dieting and/or excessive exercise to lose weight. If not addressed early, sometimes these concerns may become more serious problems. Prof. Susan Paxton and Hannah Hoile from La Trobe University are running a free Body Image Program for girls between 12-18 years old. This is an eight week program involving activities to be completed from the My Body, My Life manual, in conjunction with eight weekly on-line sessions in real-time on a secure La Trobe University chat site. A follow-up session will follow approximately two months later.

If you think you may benefit from this program and would like to participate, please contact Hannah Hoile or Siân McLean on 0437 587 302 or 9479-2949, or email Hannah at [hshoile@students.latrobe.edu.au](mailto:hshoile@students.latrobe.edu.au).

You might also like to visit [www.latrobe.edu.au/psy/projects/bodylife](http://www.latrobe.edu.au/psy/projects/bodylife)

Please note: Parental consent will be required to participate in this program.

We look forward to hearing from you!