Title of paper: How do I look? Body Image and the concern of

Australian children: Some implications for policy and practice.

Authors: Dr Jonathan Toussaint has more than 30 years experience as a

family therapist, researcher, and author on relationships. He has developed

leading edge practices that strengthen the family and community, and is a

leading educator in the field of male health and an advocate for boy's

education. He has specific interest in working with men and adolescent boys,

helping them to discover more sensitive, respectful and personally rewarding

ways of relating to others. He is also a university lecturer in the field of

health psychology, and a Director at Interrelate Family Centres a

counselling and mediation organisation in NSW Australia.

Organisation :

Interrelate is a community based, not-for-profit organisation that has been

a leading provider of quality relationship services in New South Wales,

Australia since 1926. It has a network of centres across metropolitan,

regional and rural New South Wales. Each year, Interrelate helps over 50,000

individuals, couples, families and children to develop better communication, effective solutions and stronger relationships.

Abstract:

Body image and how it develops and changes during adolescence is a relevant

matter to both therapists and researchers in the developmental and family

field. This presentation will share some of the data gathered through the

largest annual survey of young Australians with close to 30,000 aged 11 to

24 years participating. The data suggests significant consistency over time

that the major concern for young people is preserving body image. This

presentation will report on statistics of eating disorders, the links

between family functioning and media influence, as well as providing

recommendations for preventative strategies and principles for intervention.