Operation Moderation versus 'The Extreme Dream'

The EDASA Youth Forum, held on Wednesday 2 September 2015, aimed to educate young people about body image, the effects of social media, fad diets, extreme eating and exercising and eating disorders. The theme was Operation Moderation versus The Extreme Dream. A selection of Year 8s and Year 9s from Mary MacKillop College joined over 100 students, of similar ages, to workshop this theme in the hope that they will then promote positive body image in their own school communities.

I asked the students to share with me one learning, below are their responses:

'We can make a difference by not buying magazines and not supporting fake ideal bodies.'
'Setting realistic goals for ourselves is important, not setting goals that you know are not going to be achievable and tiring yourself out trying to achieve them.'
'Stop judging people based on their looks.'
'I learnt the difference between moderate and extreme.'
'Everyone has a different understanding of what moderation is.'
'I learnt how the media manipulates images to promote an unrealistic vision of what a body should look like.'
'All the diets that companies promote are not to benefit us but to make money.'
'You don't need to over exercise to keep fit.'

As a teacher, I learnt; ‘As adults, we owe it to our young women, to role model how to nurture our bodies, not punish them.’

This student body has plans to share what they have learned with MMC students and staff, in an engaging and practical way!

Cathy Buttignol