

FAQ About RESET

Why is it called RESET: a conversation about boys' body image (RESET)?

The name RESET was chosen as it best captures the aim of the program; to help young people RESET their current thinking around boys' body image, particularly with regard to societal appearance, muscular and masculine ideals.

Can RESET be screened with girls?

Yes. RESET has been developed to raise awareness and start the conversation about boys' body image. RESET can help girls to better understand body image from a male perspective. It is important that girls are provided the opportunity to share what they think and see in relation to boys and their body image when the program is delivered in a co-educational setting.

Can RESET be used in primary schools?

No. Due to the nature of the content and the inclusion of a lived experience story, it does not adhere to guidelines in primary school settings and, therefore, is not suitable or recommended for primary school aged children.

Can RESET be used in other settings?

Yes. While RESET has been designed for the classroom, RESET can be used in any setting where boys are involved (e.g. Scouts, sporting organisations).

Can RESET be used in the home?

There is no reason why RESET can't be screened in a home setting. We recommend use with young people aged 13-18 and that parents view the program with their children. The discussion questions included

in this guide can be adapted for positive conversations between parents and adolescents.

Who can facilitate RESET?

RESET has been developed to initiate a discussion about boys' body image. As it is a health promotion program, it can be facilitated by any staff member on your team. The aim of this guide is to support a positive delivery of RESET. We encourage that preconceived ideas about body image are addressed to ensure that discussions and responses from facilitators are on message and helpful.

Can I just screen the video part of the program?

The program can be delivered just using the video component but, for a greater impact, we recommend that the full program be facilitated using the digital program in conjunction with the lesson plan.

How do we inform parents/guardians about RESET?

You can use the parent information letter included at the end of this guide. Parents can also access information directly about RESET from www.thebutterflyfoundation.org.au/reset

What if we're concerned about a young person?

As RESET raises awareness about negative body image and eating disorders in boys, it may highlight an issue for a young person or flag concern in a friend or teacher. We encourage any issues raised by a student, their friend or staff member to be taken seriously. Referral information can be found in the 'Eating disorders in boys: What to do if you're concerned about a young person' section of this guide.