

IT'S OKAY TO BE ME!

By Tahlia Mandie Psychotherapist & Family Counsellor

So often I hear parents wondering how and when to approach the issue of weight and body image with their children. When we talk of body image, we talk of one's perception they have of their body – how they view themselves. In today's society of growing pressures and challenges, so many more young boys and girls fight this internal battle.

Empowering teens to be their best and learn to be okay with themselves may at times seem like a never ending story with the constant media circus of the new "fad" diets and slim new looks that they are exposed to daily.

One of the first things I encourage all parents to do is bring the issue to the table. By facilitating open discussion within the family, teens are more likely to feel safe and secure to communicate their worries, fears

and challenges. At the dinner table, have a "strength discussion" – a conversation based on each other's strengths. Ask your children, "What was one of your strengths you used today?" When you talk of strengths, talk outside the box; strengths do not have to be limited to academic or sporting achievements.

Honesty, humility and bravery are just some of the strengths we tend to forget. I believe children need to know that perfection is a myth; the glammed up models in the magazines are not realistic, having undergone touch-ups and digital remastering.

Discovering who they are, what is important to them, and what they value are the first steps to believing in, and being okay with themselves. By not knowing who they are, they rely on other people and sources to determine it for them. Let's not be afraid to talk about the big issues openly with our children.

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RAFAEL BONACHELA'S "WE UNFOLD"

The powerful Sydney Dance Company production **we unfold**, will have its Melbourne premiere this November for a strictly limited season of 7 performances only.

Last year, Sydney Dance Company enthralled Melbourne dance lovers with 360°, its first sold out Melbourne season under the guidance of new Artistic Director, Rafael Bonachela. **we unfold** is his first creation as Artistic Director and represents a very significant moment in the company's history.

we unfold was inspired by the commissioned score Symphony No. 1 by Italian composer Ezio Bosso. Driven by Bonachela's theme and inspiration, the music is lush, vibrant

and evocative, with the undeniable chemistry between Bonachela's combustible choreographic language and his dancers producing a deft combination of rigour, freedom, strength and precision.

Sydney Dance Company is regarded as one of Australia's most exciting contemporary dance companies and as one of the most in-demand Australian performing arts companies, they strive to be an active proponent of Australian dance around the world.

Sydney Dance Company presents Rafael Bonachela's **we unfold**

When: 9-13 November

Where: The Arts Centre, Playhouse

Tickets: \$40 - \$70

**Bookings: theartscentre.com.au
www.sydneydancecompany.com**

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