

UNDERSTANDING REAL BEAUTY

– A GUIDE FOR TEENAGERS

Photography by Leonardo Almeida



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With the many social, emotional, peer and life pressures that teenagers experience these days, their view of themselves can often be impacted. The “perfect” body that the media portrays appears faultless and beautiful. However, our young women and men need to know that there is more to beauty than our appearance and our looks, and, beauty does not have to equal your stereotypical “perfect” body.

The parent-child relationship can be very significant in helping young boys and girls build their self-acceptance, identity and fight the challenges of body image. Teens need to feel acknowledged and heard, while feeling a sense of security to talk and communicate about their emotions. Through this communication parents can help build a more realistic picture of beauty and self for their teenagers, while encouraging and educating them about their evolving developmental process of hormones and changes. Helping teenagers accept these changes and differences is part of the process in helping them build confidence and self-acceptance.

Parents play a vital role in the development of their teenager’s view of themselves,

and their attitude and body image through the education and values parents instill by the examples they show. Being aware of the messages you portray and the communication you share may seem a small factor, but it is a big factor in the long run. Family system dynamics work in profound ways. Family connections, relationships and support are key contributors in helping teenagers fight their challenging times and in building their self-esteem. They are the building blocks for helping them gain a sense of “real beauty”.

For more information visit:
www.eatingdisorders.org.au
www.campaignforrealbeauty.com

Tahlia Mandie is a psychotherapist and family counsellor for Direction Exploring, which helps adolescents by inspiring, empowering and motivating them to find their potential and pathway while giving them more energy, confidence and belief in themselves and their abilities. Direction Exploring also works with parents and families and runs group programs and workshops.

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VETERANS AND SCHOOL STUDENTS COME TOGETHER IN DOCKLANDS

When history students from Footscray City College met with representatives of the RSL recently in Docklands, a little piece of history was being made.

The history students of Footscray City College have been interviewing different members of the RSL over a five year period as part of a project that each year produces a book documenting the stories of the RSL members.

This valuable and enriching educational tool enables the school to submit an application in the \$5 million Schools First awards which are open to school and community partnerships across the state

each year, which aims to promote and reward outstanding partnerships which improve student outcomes.

Schools First spokesperson Tim Burke commented “Research has shown that strong school and community partnerships can have enormous benefits for students including increased learning outcomes and improved transitions into the workforce, further education or training. Effective school – community partnerships create stronger communities where people are connected, businesses have skilled workers and local economies can thrive.”

“It takes an entire community to raise a

child, and Schools First in partnership with NAB have recognised this with \$15 million in awards funding dedicated to promoting excellence in school-community partnerships over the next three years,” said Burke.

The Schools First initiative has been developed by NAB in partnership with Australia Cares, Australian Council for Education Research (ACER) and Foundation for Young Australians (FYA). This year 60 local awards are available at \$50,000 each plus up to eight state awards will be granted at \$100,000 each, while one, outstanding school – community partnership will be judged the national winner receiving between

\$500,000 - \$1,000,000! A series of 20 seed awards are also available, worth \$25,000 each to help school get their ideas off the ground.



Left to right, Max Lees (15yo), Steve Bracks, Ellana Hedger (15yo)

Footscray City College students show Schools First Board member and former Victorian State Premier, Hon Steve Bracks a recent publication at Docklands.