



Parenting Seminar Series



Developing a Positive Body Image

Sponsored by Pope John XXIII School Parent's Association

It is common for children to wish they looked like someone else or feel self-conscious about their appearance. Many teens and pre-teens, especially girls, feel they need to be a 'perfect'. They worry about food, weight, comments other children make about their appearance, fitting in or finding a unique style.

This seminar will focus on the complex issues of body image. You and your child can come learn how using positive messages can calm insecurities. Jill will share information on current research findings and the media's influence on the development and maintenance of children's body image problems. She will provide solutions for children and tips for parents. Jill will also show *Bodywise*, an award winning video by a not-for-profit group in Berkley, California who works to promote positive body image for children and teens.



Jill Zimmerman Rutledge, M.S.W., LCSW, is a psychotherapist who has worked with adolescent girls and young women for over 25 years. She is a clinical consultant for ANAD (Anorexia Nervosa and Associated Disorders) and has lectured nationally on the topics of eating disorders and women's body image. Her new book for teen girls, *Picture Perfect: What You Need To Feel Better About Your Body*, was published by HCI in July, 2007.

Jill is the author of several articles on women, the media and body image, as well as her first book, *Dealing With The Stuff That Makes Life Tough: The Ten Things That Stress Girls Out and How To Cope With Them*. Jill has been featured in popular magazines and newspapers, including YM, Teen People, Fitness, Mothering, Daughters, The Chicago Tribune, The Arizona Republic and The Detroit News, as well as in numerous national and international radio and television shows. She maintains a private psychotherapy practice in Evanston, IL. For more information on Jill, visit her website at: Jillzimmermanrutledge.com.

Dates: Wednesday, March 19
Time: 7:00-8:30 p.m.
Location: Pope John XXIII School
School Cafeteria
1120 Washington St., Evanston, IL 60202
RSVP: Pope John School
847-475-5678

Free child care provided!