



Title of Entry
The Butterfly Podcast

Category Name
Media Journalism Awards (Sound/Vision awards)

Applicant's Name
Sam Ikin and the Butterfly Foundation

Date of Publication/Broadcast

It is an ongoing series. The first episode was published June 11, 2020. The most recent episode was published on April 7, 2021. Episode 12 will be live early in May of 2021.

Link to the story:

It is primarily published on the Butterfly website:

<https://butterfly.org.au/get-involved/campaigns/butterfly-lets-talk-podcast/>

The public show page is here:

<https://player.whooshkaa.com/shows/butterfly-let-s-talk>

Or click this link if you are reading this on a smart phone or tablet:

<https://podfollow.com/butterfly-lets-talk>

The show is available on all major podcast applications. Just search Butterfly: Let's Talk

For judging purposes please review the first 15 minutes of the following episodes:

The links provided will take you to a location that will work with the device that you are using at the time. If you are using an Apple device it will open in Apple Podcasts, Android devices will be directed to Spotify and desktop devices will be directed to the hosting website.

Episode 2: Gender, sexuality and eating disorders

<https://pod.fo/e/29dd9>

Show notes:

Katie is in recovery from an eating disorder, and says her struggles with body image and disordered eating were triggered in high school, when she began to feel "on the outer" from her straight peers.

One million people in Australia will struggle with an eating disorder during their lifetime, and a significant number belong to the LGBTIQ+ community. Yet only 25% of those living with an eating disorder will ever seek help because they don't fit the stereotype.

Kai, who identifies as trans, developed an eating disorder that suppressed his puberty, because he thought only women got eating disorders. Mitch came out as gay in the middle of a relapse of anorexia, but was told that his identity was just a symptom of his being unwell.

The history of discrimination against LGBTIQ+ people, along with not enough trained professionals to serve this community, is why many do not get the treatment they need. The good news is there are people working to change that. In this month's Butterfly: Let's Talk podcast, we talk to Katie, Mitch and Kai about their recovery, and to Dr. Scott Griffiths and Tarn Lee - two insightful professionals who work in the space. Let's talk. The Butterfly National Helpline is free and confidential, and we encourage anyone who thinks they may need help with their body image or eating-or just want to find out more-to call 1800 ED HOPE (1800 33 4673) or visit butterfly.org.au.

Episode 10: Sports and eating disorders - what's the connection?

<https://pod.fo/e/bd320>

Show notes:

High-performance athletes are Australia's version of Royalty. They do superhuman things and adoring fans hail them as heroes, but off the field, they are human beings. And like all human beings, they are susceptible to eating disorders and body image issues. In fact, many athletes are at much higher risk of disordered eating and eating disorders due to the intense pressures and cultural expectations placed on them.

Episode 11: Let's yarn: Body image and eating disorders amongst mob

<https://pod.fo/e/c4021>

Show notes:

Aboriginal and Torres Strait Islander people experience body dissatisfaction and eating disorders as much as the general population. But there are risk factors that are unique to this community, along with some unique pathways to wellness and recovery.

Garra Mundine, a proud Waridjuri, Kamilaroi, Bundjulong and Yuin woman experienced body dissatisfaction and an eating disorder after moving from Country to Sydney. Today, she uses traditional art practices to resist Western ideals of beauty and to express her unique style.

Felicia Foxx is a proud Kamilaroi and Dhunghutti sister-girl who is also a well-known drag performer. For years she struggled with her family's expectations of what a masculine body type should be-until she realised her slim body was just like her ancestors'.

AJ William-Tchen was bullied as a teenager and says this contributed to his eating disorder which, because he is male, went undiagnosed for years. Today AJ works as a cultural mentor and mental health first aid instructor, helping Aboriginal and Torres Strait Islander kids to embrace their culture for mental good health.

Aboriginal and Torres Strait Islander health workers, Liz Dale and Jed Fraser, explain why culture can be key to wellness in Aboriginal and Torres Strait Islander peoples. Let's yarn!