

GET PROUD!

Proud2Bme.org is an online community created by and for teens. We cover everything from fashion and beauty to news, culture and entertainment—all with the goal of promoting positive body image and encouraging healthy attitudes about food and weight.

It's time for an alternative. We provide healthy inspiration, not "thinspiration."

You'll find:

- Real Stories
- Activist Interviews
- Celebrity News
- Recipes
- Style & Beauty Features
- And much more!

There is no other resource like Proud2Bme--it provides a space for teens and young adults to interact with body image, fashion and culture, instead of being taunted by it mentally or physically."

Proud2Bme puts a recognizable and relatable face on eating disorder recovery. We know that we are not alone, and recovery is possible..."

CREATE A NATION WHERE CONFIDENCE RULES!

VISIT PROUD2BME.ORG TODAY.

Contact us at info@proud2bme.org.

CONTACT HELPLINE

Call or chat for resources and treatment options.

☎ 800-931-2237

💬 www.nationaleatingdisorders.org/helplinechat

✉ info@nationaleatingdisorders.org

PROUD 2BME

BUILDING A NATION WHERE CONFIDENCE RULES

NATIONAL EATING DISORDERS ASSOCIATION

165 West 46th Street, Suite 402
New York, NY 10036
212-575-6200



Proud2Bme is all about giving up the quest to be “perfect” so we can start celebrating **what makes us proud.**

It’s a space for young people to tell their stories, **in their own words.**

It’s a movement to bring about **real change.**

We’re building a nation where confidence rules. **Join us!**

**GET INVOLVED.
GET PROUD.**

JOIN THE PROUD COMMUNITY!

Mainstream media is filled with mean-spirited comments about physical appearance. Proud2Bme.org is a safe space where young people can go to escape the confusing messages about weight and body image found online.

Express yourself! Sign up for a Proud2Bme account to share your opinions in the comments section.

Talk it out. You are never alone! Our moderated forums are a great place to connect about the issues that really matter.

Get social! Follow us on Facebook, Tumblr, Twitter and Instagram for regular updates and special social media campaigns.

-  [Facebook.com/Proud2BmeUSA](https://www.facebook.com/Proud2BmeUSA)
-  proud2bmeus.tumblr.com
-  [@Proud2BmeUS](https://twitter.com/Proud2BmeUS)

WRITE FOR PROUD2BME.ORG!

Have an opinion you simply need to share? Want to inspire others with your recovery story? We’re proud of all the amazing ways you can contribute to our blog. Each month, your posts will reach thousands of young people across the globe.

Get started today! Send an email describing your interest and experience to info@proud2bme.org.



ARE YOU AN EDUCATOR OR ADVOCATE?

Contact us at info@proud2bme.org for supplemental materials to help you bring Proud2Bme into your classrooms and organizations.

FROM OUR BLOGGERS:



“I write for Proud2Bme because I wish it had existed when I was a tween/teen...a means of giving back to my younger self and the upcoming generation.” - Pooja Patel

 **“I WRITE FOR PROUD2BME BECAUSE I WANT TO TURN THE EXPERIENCE OF STRUGGLING WITH AN EATING DISORDER INTO A POSITIVE ONE.” - DANA LAND** 



“[Proud2Bme] allows my voice to be heard. It gives me a chance to interact with young people who are going through what I’ve experienced.” - Eric Ceballos

