

PROUD2BME

On Campus Guide



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Introducing Proud2Bme On Campus

Being a college student is tough work. First, there's managing a course load (hello, finals). Then, there's juggling dorm life, friendships and extracurricular activities. To top it all off, students are bombarded with Photoshopped-to-perfection magazines and classmates' filtered photos plastered all over social media.

It's no secret that body hatred and eating disorders are growing epidemics on college campuses. When the National Eating Disorders Association surveyed 165 colleges and universities for our **Collegiate Survey Project**, we found that greater resources are needed to educate, screen, refer and treat college students who struggle with eating disorders or disordered eating issues.

Here at Proud2Bme, we believe that the time for eating disorders awareness is long overdue. That's why we launched **Proud2Bme On Campus**, a national initiative to bring students, faculty and campus services together in the fight against eating disorders. We know that with early detection, intervention and awareness, we can make a difference.

Sure, making a difference takes time and commitment, but there are ways to get involved with Proud2Bme On Campus that make sense with YOUR plans, goals and busy schedule. Whether you're interested in starting an official group (which would look great on your résumé!) or putting your party planning skills to great use by hosting a one-time event, we've created options that will work for you.

When you join the Proud2Bme On Campus network, we'll provide the assistance and materials you'll need to make your group or event powerful enough to start a conversation on campus or within your community. Our Youth Outreach Coordinator is here to guide you every step of the way, from answering questions about getting started to evaluating end-of-year group accomplishments.

Plus, you'll find additional information on proud2bme.org/oncampus and by watching our **Proud2BMe On Campus: Activism 101** Google Hangout with students who have already brought body positivity and eating disorders awareness to their campus.

We can't create lasting change without student activists like you! Help us create a world in which every educational institution earns an A in eating disorder awareness and prevention.



Getting Started

There are many reasons why you should be Proud2BYOU, which is why we're thrilled to share different ways you can create change with Proud2Bme On Campus.

In the pages that follow, you'll find helpful charts that are full of tips and pointers on getting established as an official on-campus group, NEDA-recognized group or Proud2Bme supporter.

Please keep in mind that every college or university will have different requirements for their groups. This guide is meant to get you started, but please check in with your office of student affairs for details and requirements.

TYPES OF INVOLVEMENT:

PROUD2BME ON CAMPUS GROUP – RECOGNIZED BY COLLEGE OR UNIVERSITY

This type of group is recognized by your school, Proud2Bme and NEDA. As an established group, you'll receive funding from your college or university for events and activities.

PHASE 1: PLANNING

1. Think about your current obligations and make sure that you're able to make the time commitment.
2. Fill out our **initial interest form**. Our Youth Outreach Coordinator will contact you to set up a phone call.
3. Now is the time to find a group advisor! Schedule time to talk with professors about the group.
4. Talk to friends and classmates about Proud2Bme On Campus to gauge interest and get suggestions. When possible, collect names and email addresses (sign-up sheet in book) to send updates about the group.
5. Visit your Office of Student Affairs to talk about the group and obtain paperwork for group recognition.
6. Contact your counseling/wellness center to get a sense of what they've already done to promote eating disorders awareness and body positivity on campus and if they'd support your group.

PHASE 2: SETTING UP YOUR GROUP

7. Select group leaders. Please keep in mind that at least one member of your leadership team should be an underclassman who will continue the group in future years.
8. Fill out any registration paperwork you received from the Office of Student Affairs. If required to list event and activity ideas, refer to the goals section of this guide.
9. With permission from the Office of Student Affairs, reach out to established campus groups to partner on tabling and events.
10. Contact our Youth Outreach Coordinator at info@proud2bme.org for brochures, stickers and other materials for events.

PHASE 3: TAKING ACTION

11. Once your group is officially established on campus, schedule a monthly call with our Youth Outreach Coordinator.
12. Complete our Proud2Bme On Campus registration form for official recognition by the National Eating Disorders Association.
13. Plan to meet with your group at least once per month (we recommend meeting twice monthly to start). Book space on campus for your meetings.
14. Use meeting time to review group goals and plan campus events and activities.

PHASE 4: REPORTING BACK

15. After completing your first year as a Proud2Bme On Campus group, submit your year-end survey.
16. Check in with the Office of Student Affairs about re-registering your Proud2Bme On Campus group (if necessary).

PROUD2BME ON CAMPUS GROUP – APPROVED BY NEDA

This type of group is not an officially-sanctioned college group, but is recognized by Proud2Bme and NEDA. Events may be held in conjunction with established campus groups, but all events and activities must be funded by the groups themselves.

PHASE 1: PLANNING

1. Think about your current obligations and make sure that you're able to make the time commitment.
2. Fill out our **initial interest form**. Our Youth Outreach Coordinator will contact you to set up a phone call.
3. Talk to friends and classmates about Proud2Bme On Campus to gauge interest and get suggestions. When possible, collect names and email addresses (sign-up sheet in book) to send updates about the group.

4. Visit your Office of Student Affairs to discuss Proud2Bme On Campus and the potential to partner with other campus groups.
5. Contact your counseling/wellness center to get a sense of what they've already done to promote eating disorders awareness and body positivity on campus and if they'd support Proud2Bme initiatives.

PHASE 2: SETTING UP YOUR GROUP

6. Select group leaders. Please keep in mind that at least one member of your leadership team should be an underclassman who will continue the group in future years.
7. With permission from the Office of Student Affairs, reach out to established campus groups to partner on tabling and events.
8. Contact our Youth Outreach Coordinator at info@proud2bme.org for brochures, stickers and other materials for meetings and events.

PHASE 3: TAKING ACTION

9. Schedule a monthly call with our Youth Outreach Coordinator.
10. Complete our Proud2Bme On Campus registration form for official recognition by the National Eating Disorders Association.
11. Plan to meet with your group at least once per month (we recommend meeting twice monthly to start). Meetings may be held in public areas on campus.
12. Use meeting time to review group goals and plan campus events and activities.

PHASE 4: REPORTING BACK

13. After completing your first year as a Proud2Bme On Campus group, submit your year-end survey.

PROUD2BME ON CAMPUS SUPPORTERS

Proud2Bme supporters may host one-off events that adhere to Proud2Bme's core values and messaging.

1. Fill out our **initial interest form**. Our Youth Outreach Coordinator will contact you to set up a phone call.
2. Talk to your network about Proud2Bme On Campus to gauge interest and get suggestions. When possible, collect names and email addresses (sign-up sheet in book) to send updates about the group.
3. If you're on a college campus, talk to your Office of Student Affairs about the possibility of hosting your event on campus.
4. If you're not on a campus, research inexpensive or donated locations (e.g., community centers and libraries) to rent for events.
5. Select event leaders and assign tasks based on ability and interest.
6. Research similar groups and reach out to these groups. Who knows? They might just be interested in helping out!

7. Alert local news stations and publications about your event (include information about time, date and location).
8. Contact local counseling centers to get a sense of what they've already done to promote eating disorders awareness and if they'd support Proud2Bme initiatives.
9. Contact our Youth Outreach Coordinator at info@proud2bme.org for brochures, stickers and other materials for your event.
10. Hold at least one pre-event meeting to coordinate creation of materials, set-up, clean-up, etc.
11. Post about the event on your social media channels and send an email to your contacts about the event.
12. Recruit day-of event volunteers.
13. Take event photos and send them to info@proud2bme.org. We might feature them on Proud2Bme's social networks!
14. Fill out our **post-event form** to report back on your event.

PROUD2BME ON CAMPUS CHECKLIST

TO REMAIN REGISTERED AS A PROUD2BME ON CAMPUS GROUP RECOGNIZED BY NEDA, YOU MUST ACCOMPLISH AT LEAST THREE OF THE BELOW GOALS IN YOUR FIRST YEAR:

- Secure school approval to place a stack of NEDA brochures in counseling/wellness center (replenish when needed)
- Create and hand out 100+ NEDA Helpline cards
- Recruit at least 10 group members
- Contribute at least three blog posts to Proud2Bme.org
- Serve as a panelist in a Proud2Bme Google Hangout
- Create and host a presentation on ED awareness using Proud/NEDA resources
- Visit another on-campus group (like a sorority or fraternity) to discuss ED awareness
- Petition your college for ED resources and recovery programs (petition must be signed by at least 100 students)
- Write an opinion piece on ED awareness/resources for the campus newspaper
- Organize your group's NEDA Walk participation

IN ADDITION TO COMPLETING AT LEAST THREE ITEMS FROM THE LIST ABOVE, GROUPS MUST ALSO:

- Participate in NEDAwareness Week
- Host** 2 on-campus events; one event must include an ED screening (*Note: see the event planning section for guidance*)
- Host or participate in** 1 social media campaign

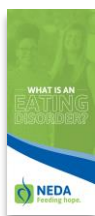
PLEASE CONTACT OUR YOUTH OUTREACH COORDINATOR FOR FURTHER DETAILS AND PLANNING TIPS.

PROUD2BME ON CAMPUS ACTIVITIES

GET NEDA BROCHURES DISPLAYED IN YOUR COUNSELING CENTER

NEDA brochures are packed with information to help students who struggle with eating disorders find resources and support.

Fill out our form to request these brochures for your counseling or wellness center:



"WHAT IS AN EATING DISORDER?" BROCHURE

This brochure describes eating disorders, including their causes and warning signs, information on treatment and prevention.



"HOW TO HELP" BROCHURE

This brochure provides suggestions for communicating with someone who may have an eating disorder.



PROUD2BME.ORG BROCHURE

This brochure offers an overview of Proud2Bme.org's content and testimonials from our contributors.

You may also request Proud2Bme On Campus brochures, which contain eating disorders statistics, suggested resources and ways to get involved with Proud2Bme. View a PDF version of the brochure [here](#).

TIPS FOR CONTACTING YOUR COUNSELING OR WELLNESS CENTER:

1. Visit your campus counseling center's website for staff email addresses and phone numbers.
2. Call or visit your center to inquire about NEDA brochures.
3. If your center does not carry NEDA brochures, write an email asking your center to display NEDA brochures. Be sure to include details about what the brochures are, background information about NEDA and how to request brochures (800-931-2237).
4. Once your counseling center provides verbal or written approval, **fill out this form** for a starter pack of brochures. Remind your counseling center that they can reorder brochures by calling **800-931-2237**.
5. **Remember:** We're here to help! **Contact our Youth Outreach Coordinator at info@proud2bme.org** if you have any questions—we'd even be happy to get in touch with your counseling center to explain why our brochures are so important!

HAND OUT 100+ NEDA HELPLINE CARDS

Many students have no idea that life-changing assistance can be a phone call away. By printing and handing out NEDA Helpline cards, you'll introduce students and administrators to one of NEDA's most vital services.

What is the NEDA helpline?

NEDA's **Information & Referral Helpline** is a resource meant to help you in assessing options for yourself or a loved one who may be struggling with an eating disorder. Helpline volunteers have extensive training to prepare them to help callers find treatment options and information in a compassionate manner.

The NEDA Helpline is available Monday-Thursday from 9AM to 9PM Eastern Time and Friday 9AM to 5PM.

Where can you hand out the NEDA helpline cards?

- Your counseling or wellness center is a great place to start! Call, email or visit your college's center to talk to them about displaying Helpline cards in the waiting room or counselors' offices.
- Resident Advisors (RAs) can be amazing advocates for the NEDA Helpline. If you reside in a dorm, set up a meeting with your floor's RA to talk about the Helpline. Additionally, you can call, email or visit your campus' Office of Residential Life to suggest incorporating Helpline information in RA trainings and posting Helpline flyers to bulletin boards on each residence floor.
- Always keep a stack of Helpline cards handy at tabling and fundraising activities.
- Be sure to mention the Helpline, including the Helpline phone number, at the end of each group meeting and event. Have Helpline cards available at every meeting.

PRINTING TIPS

- We recommend that you print Helpline cards in color on cardstock paper. Cardstock paper can be purchased online or at most large stationery stores.
- Group members can assist with cutting out cards during meetings. This is a great opportunity to chat with your group about the NEDA Helpline!

For additional tips and Helpline card samples, please contact our Youth Outreach Coordinator at info@proud2bme.org.

RECRUIT AT LEAST 10 GROUP MEMBERS

**Due to campus procedures about events, some of these tips will apply to established Proud2Bme On Campus groups only. Check with your Office of Student Affairs for details.*

The most important resource a group has is its people. Dedicated members will help your group create real change on campus and make meetings lively and thought-provoking.

How does Proud2Bme On Campus define a member? A member must attend the majority of Proud2Bme On Campus meetings and at least one required on-campus event.

THESE TIPS WILL HELP YOU RECRUIT NEW MEMBERS:

1. Encourage existing members to bring at least one guest to each meeting.
2. Ask members for names of friends and classmates whose values align with Proud2Bme On Campus' mission and goals. Send them a personal email invitation to attend your next meeting.
3. Have a sign-up sheet at every meeting to collect email addresses. Send personalized thank-you emails to new members after meetings.
4. Talk to campus newspapers about your group. Invite a student reporter to cover one of your events.
5. Create simple graphics and flyers listing your meeting time, date and location. Ask other campus groups to post about your meeting on their social media pages.
6. Ask likeminded group leaders if you could speak for five minutes about Proud2Bme On Campus during one of their upcoming group meetings.
7. Set up tables displaying Proud2Bme On Campus materials at the student activities fair and the freshmen orientation. Be sure to include a sign-up sheet.
8. Table, table, table! Talk to your Office of Student Affairs to plan tabling events throughout the year.
9. Consider hosting a meeting outdoors and serve refreshments during meetings. This will also serve as an opportunity to educate new members about avoiding negative talk about food and calories.
10. Talk to your counseling center about your Proud2Bme On Campus group. Ask if they'd refer students to your group or post meeting flyers.

ADDITIONAL TIPS:

- Check your college website for a campus event guide and calendar of events.
- NEDAwareness Week is the last week of February and a great time to recruit additional members. Visit NEDAwareness.org for a list of online and offline activities.
- Typically, you'll need to reserve a table at least one (and sometimes several) weeks in advance for tabling events.
- In order to post flyers, you'll need to get them approved and abide by your college's posting guidelines.
- Email info@proud2bme.org for tabling materials.

CONTRIBUTE TO PROUD2BME.ORG

HELP US BUILD A NATION WHERE CONFIDENCE RULES!

Each month, Proud2Bme.org reaches thousands of young people across the nation. From personal stories of recovery to interviews with body image activists, our blog covers a wide array of topics and serves as a safe space for young people in recovery.

We rely on our volunteer contributors to keep Proud2Bme.org running. We know you have term papers to write and projects to piece together—that's why we're willing to work around your schedule! Plus, you can even keep contributing after your group meets our three-post requirement.

HERE'S HOW TO GET STARTED:

1. **Fill out this form**, which requires a short letter of interest, a 3-5 sentence bio in third person and three pitches. Pitches should include a title, short article description and a sentence or two about why it would be a good fit for Proud2Bme.

SAMPLE WRITER BIO

Dana Land is a junior at DePaul University who prefers to share hand-me-downs with her friends rather than shop at the mall, unless it is a Lush shopping spree. She spends her time spreading eating disorder awareness and naming the plants that are slowly overtaking her apartment.

SAMPLE STORY PITCH

4 Things No One Tells You About Recovery

As someone who's recovering from an eating disorder, I plan to list and explain four important things I wish I had known about ED treatment and recovery. This piece will fit Proud2Bme.org because it will shed light on myths surrounding ED treatment and help those in recovery as well.

2. Once you've submitted these materials, our Youth Outreach Coordinator will contact you within two business weeks regarding the status of your application.
3. Based on the needs of Proud2Bme, the Youth Outreach Coordinator might suggest alternative story ideas. If approved, we'll provide due dates for each article draft and you'll be sent a complete list of writer guidelines.
4. Once you receive your article due dates, please refer to the writer guidelines while crafting each piece.
5. We'll email you each time a piece has been published on Proud2Bme.org. Please share these links with members of your group and on your own social media accounts if applicable.

TIPS:

- Before writing your three pitches, read a few pieces on Proud2Bme.org to get a sense of what we're looking for.

BELOW ARE EXAMPLES OF ENGAGING ARTICLES:



4 Things No One Tells You About Recovery



Dear Fat People: When Bigotry Masquerades as Comedy



Trans Stories Have Power: An Interview with Sam Dylan Finch

- Don't write before your pitches are approved and you've reviewed our guidelines for new writers. While we do accept submissions, you'll have a better chance of getting your pieces published if you submit pitches first.
- Include a call for Proud2Bme writers in emails to your group.

HANG OUT WITH US!

PARTICIPATE IN A GOOGLE HANGOUT

Google Hangouts are important because they demonstrate your accomplishments and show other students what they can achieve by bringing Proud2Bme to their campuses. Google Hangouts will be featured on [Proud2Bme.org](https://www.proud2bme.org) and [Proud2Bme's YouTube channel](#).

This [Google Hangout](#) features four students from California State University, Northridge, who are promoting body positivity and eating disorder awareness on their campus. Our panelists explore the importance of student ED advocacy, how interested students can get involved with the movement, as well as the ways in which they've grown as leaders throughout the process.

Ready to get started? Please keep in mind that your group should be recognized by your campus or by NEDA/Proud2Bme. You should have already held several meetings and accomplished at least three goals on our checklist before appearing in a Hangout. Email our Youth Outreach Coordinator a bulleted list of accomplishments and the names and contact information for at least two members of your group willing to appear on camera.

GOOGLE HANGOUT TIPS:

- Be sure to have access to a quiet space for the duration of the Hangout. Let roommates know ahead of time about the Hangout or reserve a quiet room on campus. If you have pets, keep them in a separate room.
- Position yourself against a wall (and away from clutter, which can be distracting).
- Check the lighting in the room. If possible, set up a small desk lamp for extra lighting.
- Chrome is reportedly the best browser to use for Google Hangouts. Close out of all other applications.
- We recommend that you use a quality headset or microphone for improved sound quality.

HOW TO GIVE A PRESENTATION ON EATING DISORDERS

AWARENESS

Giving a presentation on eating disorders awareness is a great way to educate your campus or community on eating disorders: what they are, what causes them and how to help a loved one who is struggling. Just one presentation can provide your community with critical information, insights and resources—are you ready to take action?

Contact our youth outreach coordinator at info@proud2bme.org for access to NEDA's eating disorders 101 presentation.

When is the best time to give a presentation on eating disorders awareness?

There are many ideal times to present on eating disorders awareness, such as NEDAwareness Week (last week in February). Below are just three options:

- If your Proud2Bme On Campus group is registered with your college or university, you can reserve a room on campus to hold your presentation. Remember to send an email reminder to members. Ask recipients to forward the email to at least two contacts, post about the presentation on their social networks or bring a friend to your presentation. Also consider inviting members from your counseling/wellness center to attend the presentation.
- If your Proud2Bme On Campus group is not registered with your college or university, ask another on campus group if you can present during one of their meetings or events. A sorority, fraternity, feminist or LGBT group are all good places to start your search. Review our section titled **Tips for Pitching Your Presentation to Another Campus Group** for more information.
- If you are hosting an event to raise eating disorders awareness in your community, consider adding this presentation to the beginning of your event.

PRESENTATION TIPS:

- Learn as much as you can about eating disorders before presenting. As a presenter, it's important to be informed on issues surrounding eating disorders. NEDA has amassed a

wealth of information to help you better understand eating disorders. Visit **NEDA's Learn tab** to get started.

- Review the slides and write down key points from each slide on index cards. Try not to look back and read from the screen during your presentation—it can be distracting.
- Remember: you should have a good sense of the main points in the PowerPoint, but your presentation might sound slightly different each time. This is to be expected. Avoid attempts to memorize your full presentation—you risk sounding robotic, and your audience will scan the slides on the screen faster than you recite them.
- Rehearse your presentation in front of friends, your leadership team and your group advisor (if possible) at least once. Ask for their feedback on your tone, posture, speaking voice, emotion and eye contact.
- Tip: During your rehearsal, have someone record you speaking. Review the video to get a sense of how you look and sound. Try to catch and correct common issues like voice projection, lack of pauses and frequent “umms.”
- Tailor your outfit for your audience. For example, if you're speaking to a college group, you might opt for a neat, casual look. But if you're presenting in front of your entire school or an upscale venue, a more formal approach might be required.
- Test your speaking equipment. There's nothing more flustering than getting on stage and finding that your PowerPoint won't turn on or your slides won't move!
- Turn off all electronic devices and ask your audience to do the same.
- Leave at least five minutes for questions at the end of your presentation. Remember that it's okay not to know the answer to every question! Just say so—and collect names and contact information after the presentation to reach out to askers later.
- Hand out NEDA and Proud2Bme On Campus brochures after your presentation. Request brochures by **filling out this form**.

With these tips, you'll be able to host an informative and compelling presentation! Good luck and have fun.

TIPS FOR PITCHING YOUR PRESENTATION TO ANOTHER CAMPUS GROUP

- Consider what you want to accomplish with your presentation. Does the group's goals align with Proud2Bme On Campus' mission?
- Research group leaders' email addresses (typically available on your college's website) or consider meeting a group leader in person to discuss your presentation.
- When reaching out to another group, be sure to provide background information about NEDA's Proud2Bme On Campus initiative and a short summary of what your presentation is about and why it's relevant to their group.
- Brainstorm optimal times to email group leaders. For example, an email sent before a holiday break might go unread, but if you email them before NEDAwareness Week in February, you might receive a better response. Who knows? This presentation might be just what that group needed!
- Arrange an in-person meeting with group leaders to plan your presentation schedule and promotional materials.
- If possible, offer to create flyers and other promotional materials for your event. Craft sample social media posts and emails for group leaders to send to their members. Remember—they're doing you a favor by allowing you to present to their group!

- Send a personalized thank-you note to the group after presenting. Thoughtfulness can go a long way, especially when looking to recruit new club members!

HOW TO WRITE AND SUBMIT AN OP-ED

WHAT IS AN OP-ED?

Op-ed articles, “opposite the editorial,” are powerful conversation-starting tools for topics relevant to audiences from all walks of life. These opinion pieces bring together facts, statistics or positions on particular subjects that are not typically shared from the majority point of view.

With the ability to reach hundreds (or possibly thousands!) of students on your campus, op-eds are an excellent opportunity to express an opinion on a topic currently being presented to the student body.

POINTS TO THINK ABOUT WHEN WRITING ON EATING DISORDERS AWARENESS IN YOUR OP-ED:

- Are there eating disorders awareness events or groups on campus? If so, does there seem to be student and faculty support for these groups or events?
- Review the **National Eating Disorders Association (NEDA) College Campus Guidelines** (listed in this guide). Which resources do your campus counseling/wellness center already provide? Which ones do they lack?
- Do students and faculty on your campus appear to be aware of body image issues and eating disorders?
- Do you have a personal experience of recovering from an eating disorder on campus? What support have you received? What support would you have liked to receive?

Use these guidelines to mold your article and to improve your chances of having a piece published in your campus newspaper:

Keep time in mind when writing your article

If you are writing an article that is relevant to a current discussion on eating disorders, you want to submit your piece in a timely manner. If you are writing a piece that is connected with a holiday or specific time of year, plan ahead and submit early so that editors can schedule your piece for publishing if accepted.

Keep the article 750 words or less

Keeping the article short and focused on the main point you are trying to get across will keep the reader interested. Remember that op-ed articles are typically made up of short sentences and paragraphs. Newspapers have limited space to offer and editors will not generally take the time to shorten a lengthy article.

Make your main point clearly and prominently

Stick to making your single point clearly and precisely. If you cannot explain your message in a sentence or two, you're trying to cover too much. Remember, you will need to hook your reader within a couple of seconds. Be direct and get to the point quickly!

Use responsible language

Since you will be discussing sensitive issues, please use our guide on “[Sharing Stories Responsibly](#)” so that you don’t offer any triggering or potentially dangerous information to readers.

Why should your readers care?

Put yourself in your busy readers’ places. Your op-ed should answer the questions of “So what? Who cares?” and offer your readers worthwhile information that will relate to their lives.

Offer specific recommendations

An op-ed is focused on your opinion and what actions you are calling for. Don’t just say that change needs to happen; highlight the specific changes that you’re calling for and your readers’ roles in making them happen.

Don't be afraid of the personal voice

Unlike scientific articles or lengthy stories, op-eds are best-received when they speak directly to the readers. Using sentences like, “I was surprised to learn that eating disorders have the highest mortality rate of any mental illness...” will engage the reader and create a sense of relatability.

Avoid jargon

Using simple language is not an insult to your audience. In fact, it makes your op-ed more accessible and an easier read during morning commutes or coffee breaks.

End with a strong, memorable and clear point

When writing an op-ed, you need to ensure that your readers remember your article and the point you are making. To do this, it is best to conclude the article with a memorable line that summarizes the point you are trying to get across to readers.

How to submit an article

This can be found through a simple web search of your campus’ publication. Pay attention to the requirements for publication, as a small oversight can jeopardize the inclusion of your submission.

If you have questions on submitting your article, or to read varying pieces by other authors, check out these great resources that specialize in op-ed publications!

- www.theopedproject.org
- www.dailyoped.com

HOW TO PETITION YOUR CAMPUS FOR EATING DISORDERS RESOURCES

According to [Change.org](#), the best petitions happen when petition writers ask themselves three key questions: *What am I trying to change? Who can make that change possible? Why is this important?*

NEDA recommends that all universities strive to provide eating disorders resources, services and education to their students. That’s why we created a list of guidelines for university administration, counseling centers and health services. While we encourage you to first talk with your college

counseling/wellness center about implementing these guidelines, a petition might also be necessary if you find that your college's administration is unreceptive to implementing these changes.

As you proceed with writing your petition letter, conduct research on what your college or university already offers in terms of eating disorder awareness and resources, which administrators to target and why students should sign and share your petition. For information and statistics to include in your petition letter, visit [NEDA's Learn tab](#).

Here are a few additional tips to keep in mind when crafting and promoting your petition:

- Keep your letter short (between 400 and 600 words) and well-researched.
- Never use threats or profanity in your petition letter.
- Double check your spelling and grammar.
- Email the link to your petition to fellow students, family, and friends and share it across your social media networks.
- Alert the campus newspaper to the existence of your petition and encourage them to write an article about it.
- Mention the petition during Proud2Bme On Campus events and group meetings.
- Deliver a copy of your petition to your target. This should be done in a respectful manner.
- For additional tips on writing and promoting your petition, visit:
<http://www.change.org/guides>

ORGANIZE YOUR GROUP'S NEDA WALK PARTICIPATION

A NEDA Walk is a non-competitive event that seeks to raise money and awareness for the mission of NEDA. The express purpose of NEDA Walks is to support the mission of NEDA through participant registrations and fundraising, and to raise awareness of the dangers surrounding eating disorders and the need for early intervention and treatment. The money raised from a NEDA Walk goes to NEDA and NEDA Network members to help fund lifesaving programs.

For information about NEDA Walk registration and dates, or to find a NEDA Walk near you, visit [NEDAWalk.org](#).

How can I help?

The best way to support a local NEDA Walk is to form a team of student walkers and fundraise. A team is a grouping of walkers led by a team captain. A team can have as many people on it as you desire.

Keep in mind that there is a registration fee to participate in a NEDA Walk. The registration fees are typically \$25 for adults, \$15 for students and \$10 for children below the age of 12.

Registering is only the first step! Your fundraising efforts are what help NEDA provide lifesaving programs and services nationwide, including Proud2Bme. Ask each team member to set an individual fundraising goal and come together to set a goal for your team! You can use the below fundraising tips to help you get there.

FUNDRAISING TIPS:

- Discuss the NEDA Walk and your team's fundraising efforts during group meetings.
- Encourage your team to share the link to your fundraising page with their networks.
- Ask your campus newspaper to cover your fundraising efforts.
- Ask your counseling center if they can assist you with fundraising efforts (For example, adding a link to your fundraising page to the counseling center's website and social media channels).
- Get creative! Host a NEDA Walk bake sale on campus, sell clothes to a consignment shop, hold a car wash or organize a dine and donate event.
- Add a hyperlink to your individual NEDA Walk page in your email signature and ask people to donate directly to you.
- Post a link to your individual NEDA Walk page to your social media channels and encourage sharing. Be sure to provide team members with sample emails, tweets and Facebook updates for easy posting.
- Do you have an upcoming birthday? Instead of gifts, ask for donations to support you at the NEDA Walk!
- Don't forget to remind students and faculty that all donations, big or small, are accepted and make a difference!

ADDITIONAL TIPS:

- Design NEDA Walk posters, pins or stickers as a team-building activity. Coordinate material purchases with your team.
- Encourage your team to get a good night's sleep before the NEDA Walk.
- Organize an optional team breakfast.
- Remind team members that they may reach the Helpline at (800) 931-2237, Monday-Thursday from 9AM to 9PM Eastern Time and Friday 9AM to 5PM for resources and treatment options.



PARTICIPATE IN NEDAWARENESS WEEK

The goal of **National Eating Disorders Awareness Week (#NEDAwareness)** is to put the spotlight on the seriousness of eating disorders and to improve public understanding of their causes, triggers and treatments. By increasing awareness and access to resources, we can encourage early detection and intervention, which can improve the likelihood of full recovery for millions.

Each year, we rely on our enthusiastic supporters to spread NEDAwareness Week's message of hope and awareness. You can back NEDAwareness Week by sharing information online and hosting events on campus and within your communities. Here's how your group can partake in NEDAwareness Week:

ONLINE:

- Download our NEDAwareness Week graphics, guides, and other materials [here](#).
- Share the NEDAwareness Week microsite with members of your Proud2Bme On Campus group and explain to them the importance of NEDAwareness Week.
- Follow NEDA and Proud2Bme on Facebook, Twitter, Instagram and Tumblr for NEDAwareness Week updates.
- Post our shareable images to your group's Instagram page. Don't forget to use the #NEDAwareness hashtag and follow @NEDAstaff and @Proud2BmeUS!
- Read and share NEDAwareness blog posts on Proud2Bme.org.

ON CAMPUS:

EVENT PLANNING TIPS

- **Need ideas?** Visit [Proud2Bme.org](#) for our step-by-step guides on events like movie screenings, scale smashings and building a life-size Barbie.
- **Plan ahead.** You may use our handy event planning checklist (below) to map out the details of your event.
- Confirm venue before publicizing a date or scheduling deliveries. To reserve space on campus, contact your Office of Student Affairs. If you are hosting the event off campus, consider local venues like churches, schools and counseling centers.
- Be sure that your promotional materials cover the who, what, where, when and why of your event—including venue location, date, time and recommended attire.
- Notify your campus counseling/wellness center about your event. Ask if they can provide materials for your event or list it on the center's website.
- Discuss your event during group meetings and invite other campus groups to attend your event.
- Email your group a call for event volunteers. Remember that you'll need volunteers to assist with set-up and clean-up the day of your event.
- Contact our Youth Outreach Coordinator at info@proud2bme.org for supplementary materials like NEDA and Proud2Bme On Campus brochures and stickers.
- Keep a spreadsheet of names and contact information from event RSVPs. Additionally, place Proud2Bme On Campus sign-up sheets at every event (form in guide).

- Send thank-you notes to event attendees—a small gesture of thanks goes a long way!
- Place a donation jar at your event. If you are opening the event with a short speech, mention the donation jar at the end.

HOW TO HOST A CAMPUS EATING DISORDERS SCREENING EVENT

Use this guide to organize an eating disorders screening on your campus or in your community center or workplace. It's easy to do and has a big impact—early detection and intervention offer the best chance at full recovery.

NEDA now offers an easy-to-use online screening tool, in partnership with Screening for Mental Health Inc., perfect for holding an eating disorder screening event on campus, in hospitals, community centers or anywhere internet access is available!

Follow these simple guidelines to ensure a successful, safe and confidential screening event to bring attention to the seriousness of eating disorders, and direct those who may be struggling to the help they need.

**This eating disorder screening is not diagnostic, but rather a self-assessment of whether an individual experiences symptoms consistent with an eating disorder, and includes follow-up referral resources for an evaluation by an eating disorders specialist.*

STEPS TO HOSTING A SCREENING AT YOUR NEXT EVENT:

1. Secure approval from your Office of Student Affairs and campus counseling/wellness center.
2. If you are not an official on-campus group, talk to other groups about partnering with you for the overall event.
3. Pick a location. Choose a high-traffic area with space to set up an eating disorder information display table, and a nearby station for at least one internet-enabled computer (several stations would be ideal).
4. If you are already holding a NEDAwareness Week event—such as a panel discussion, film screening, presentation or lifesize Barbie display—plan to have an area designated for a booth to offer resources and an online screening station.

RESOURCES TO HAVE AVAILABLE:

- NEDA Helpline Information
- NEDA and Proud2Bme On Campus Brochures
- NEDAwareness Key Messages and Informational Handouts

To request materials, **fill out this form**.

Ensure screenings offer privacy and confidentiality. If possible, use an adjacent semi-private area to set up computers or laptops (i.e. classroom, office space, closed meeting room, etc.). If you have multiple computers available, make sure seating does not offer a view to another's screen. It is suggested to have single rows of computers, separated by barriers to offer privacy.

Notify local treatment providers about your event. Be sure to inform local or campus mental health service providers about your event, so they can help promote and be aware of potential

increases in service utilization. Invite them to provide pamphlets or other materials about treatment options and support resources in your community for the resources table.

Promote your event on community event calendars and in relevant newsletters or school newspapers. Create an event flyer with the NEDAwareness Week logo, and distribute them in your community. All materials are free to download from the NEDAwareness Week website, NEDAwareness.org. If you are holding your event during NEDAwareness Week in February, post your event on the NEDAW website.

Offer information about eating disorders. Get your NEDAwareness Week materials ready by visiting the NEDAwareness Week website to download free resources. Examples include posters, facts and stats, local eating disorder awareness events and more. Additional materials are available for purchase.

Set up all screening computer stations to default to the NEDA online screening URL: screening.mentalhealthscreening.org/NEDA.

PARTICIPATE IN A PROUD2BME SOCIAL MEDIA CAMPAIGN!

Participating in Proud2Bme's social media community is a great way to spread awareness about body image issues and eating disorders, connect with activists across the nation and help us continue to build our presence. We depend on your ideas and campaigns to keep the conversation going! Here are ways to set up your group's social media presence or plan a campaign with Proud2Bme.

SET UP AN INSTAGRAM ACCOUNT:

1. Please only create an account if your group is recognized by your college or NEDA. Your group's Instagram handle should look like this: **Proud2Bme_YourCollegeName**.
2. Your group's Instagram description should read: **We're changing the way we talk about food, weight & body image on campus! Join us: proud2bme.org/oncampus.**
3. After setting up your account, please email info@proud2bme.org with a link to your Instagram profile for approval. Before you start posting, refer to the **Proud2Bme Community Guidelines**. Remember: no body bashing, discussions about size or weight or using images without permission.

HELP START A PROUD2BME SOCIAL MEDIA CAMPAIGN:

In 2015, CSUN students created the **5 Day Photo Challenge**, in which participants took a different photo for each day of the challenge and shared it on social media using #Proud2Bme5Day. The campaign garnered **912 Instagram posts** and **819 tweets** by the end of the five-day challenge.

We're on the hunt for the next big thing! Have ideas or suggestions? Email a paragraph-long description of your idea—including the social media channel you believe your campaign would work best on—to our Youth Outreach Coordinator at info@proud2bme.org. We'll contact you if your idea is a good fit for our social media community!

EVENT PLANNING CHECKLIST

This guide is a great tool to help you plan ahead for a well-organized, successful event!

NAME OF YOUR EVENT:

DATE:

TIME:

LOCATION/VENUE: Take into account the number of people you expect to attend, ambiance, accessibility, parking availability and any other factors which help you determine the type of venue needed.

Who is your target audience?

Will you be reaching out to college students, parents, teachers, medical professionals?

What materials you will need for your event?

- Pens/pencils
- Poster Board
- Raffle Tickets
- Computers
- Tables/chairs
- Food/Beverages
- Resource table take-away items (available at the NEDAwareness.org)
- A/V Equipment: Microphones, projector, laptop

Jot down any extra items you may need for your event:

What is your Media / PR plan? Determine outlets for advertising: Radio PSA, press release to television, event listing in community calendars and newspapers, newsletter announcements, distribution of print materials, etc. Note: Check submission deadlines well in advance to be sure your event is printed/aired at the desired time.

What is your event budget? List estimated costs to determine fundraising goal: Printing, ad placements, activity supplies, venue rental fee, A/V costs, speaker fees, food and beverage. List estimated revenue: In-kind donations, ticket sales/registration fee, raffles, donations and sponsors.

What is the goal of your activity/event? Your goal should be a broad statement about the overall purpose, such as “To increase the knowledge of parents about early warning signs of an eating disorder.” To write your goal statement ask yourself, “What do you want attendees to walk away knowing?”

What are your measurable objectives? What do you want to accomplish? Measurable objectives should be specific and realistic, such as, “Attendees will be able to summarize how to help a friend who may be struggling with an eating disorder.”

How will you measure the success of your event? Using tools such as pre/post test data, follow-up online survey, onsite survey, registration data, relevant participation measurements, etc., will allow you to evaluate how well your event met the goals and objectives you set out to achieve.

What are the outcomes of your event? Did attendees learn more about eating disorders, experience behavioral or attitudinal changes, increase their level of knowledge and awareness of resources, meet a fundraising goal?

Tell us about your event! **Fill out this form** to tell us the details and feedback and email photos to info@proud2bme.org. We might post your photos on our social channels!



National Eating Disorders Association (NEDA)

Campus Guidelines

**Please provide this document to your counseling center and college administrators for evaluation.*

The pressure and stress of a college campus may lead to the emergence or resurgence of disordered eating, mental health problems and a greater need for campus services among college students. In order to encourage a safe and healthy campus, NEDA recommends that all universities strive to provide eating disorders resources, services and education to their students.

Students, parents and educators are encouraged to share the guidelines below with university administration, counseling centers and health services. College administrations are encouraged to implement or develop an implementation plan according to the guidelines below, in order to ensure that they are meeting their students' needs and creating a safe and healthy campus.

RESOURCES - ONLINE

Provide the following resources on your counseling center webpage. These resources should also be recommended to those who visit or call the counseling center with concerns.

- * NEDA Helpline contact information: [800-931-2237](tel:800-931-2237); myneda.org/helplinechat
- * Online eating disorder screening (<http://screening.mentalhealthscreening.org/NEDA>)
- * NEDA's treatment database (myneda.org/find-treatment)
- * Proud2Bme.org, NEDA's safe online community for teens and young adults

RESOURCES - IN COUNSELING CENTER AND HEALTH SERVICES

These resources should be clearly displayed in your campus counseling and health services centers.

- * NEDA Helpline contact information: [800-931-2237](tel:800-931-2237); myneda.org/helplinechat
- * NEDA Brochures (call [800-931-2237](tel:800-931-2237) to request brochures)
- * Proud2Bme On Campus Brochures (call [800-931-2237](tel:800-931-2237) to request brochures)

NEDA TOOLKITS

Toolkits should be provided on your counseling center webpage, as well as available as standing resources for campus personnel and anyone who may be concerned about a loved one.

- * Educator Toolkit (myneda.org/educator-toolkit)
- * Coach and Athletic Trainer Toolkit (myneda.org/coach-trainer)
- * Parent Toolkit (myneda.org/parent-toolkit)

COUNSELING SERVICES

- * Counselors and nutritionists should be trained on identifying symptoms of eating disorders and disordered eating.
- * Offer a standing support group for individuals who have struggled with an eating disorder.
- * Provide counseling services to any student who is concerned about disordered eating.
- * Have on staff at least one campus counselor/nutritionist with a specialty in eating disorders, who is available as a source of knowledge and guidance for other campus personnel.

STAFF TRAINING

- * Incorporate education on eating disorders signs and symptoms, and referring at-risk students to the counseling center, into training for athletic department and residential life personnel.

EVENTS

- * Provide at least one event (e.g., educational workshop, lecture, eating disorder screening) on eating disorders or body image per semester.

CAMPUS CULTURE

- * Actively discourage any campus activities that are conducive to negative body image or disordered eating (e.g., campus weight loss challenges, body-negative advertising/signage, campus-sponsored pageants).
- * Support student groups that encourage body positivity and eating disorders awareness, such as **Proud2Bme On Campus**.
- * Partner for **NEDAwareness Week** (held annually during the last week of February) and bring campaign messages to campus and student body for awareness.

SUGGESTED TRAINING RESOURCES FOR STAFF AND COUNSELORS:

- Academy for Eating Disorders (www.aedweb.org)
- International Association of Eating Disorder Professionals (www.iaedp.com)
- American Medical Association Training: Screening and Managing Eating Disorders (http://www.ama-cmeonline.com/eating_disorders/)

Inspiration For Your On Campus Activities

By joining Proud2Bme On Campus, **California State University, Northridge** (CSUN) students were able to start a conversation about eating disorders and body image issues. Through hosting Proud2Bme On Campus events, activities and online campaigns under the guidance of advisor Dr. Bobbie Eisenstock, these students created lasting change—and had fun in the process! Below are just a few of their many accomplishments.

If your goal is to engage students but you don't know where to begin, Proud2Bme On Campus CSUN created a step-by-step **Activity Guide** to get you started. While the activities in our manual are activist-oriented, CSUN's supplementary guide includes fun and engaging ideas like photo booths, compliment cards and a digital footprint. You'll even find helpful tips on planning your activity and getting fellow students involved.

In addition to crafting this activity guide, CSUN students partnered with NEDA to produce the **Digital Media Literacy Toolkit**. This toolkit includes materials designed to counteract media's potential influence normalizing unrealistic body standards.

Inspired by NEDAwareness Week 2015, CSUN students put their social media skills to good use by creating the **5 Day Photo Challenge** on Instagram. Over a five-day period, participants were asked to take no-filter selfies and discuss their passions and role models, among other body-positive prompts. By the close of this campaign, we had collected over 900 Instagram posts.

Want to learn more about Proud2Bme CSUN? Check out this **Google Hangout**, which features four CSUN students who discuss the importance of student ED advocacy, how you can get involved with the movement and how they've grown as leaders throughout the process.

NOW THAT YOU'VE LEARNED ABOUT CSUN, FIND OUT HOW PROUD2BME ON CAMPUS CHANGED THESE STUDENTS' LIVES:

Why Proud2Bme On Campus Matters

Shirley Wang: "If we can help just one student, one friend or one professor recognize warning signs and support a student to get the help they need, it will be worth it. Proud2Bme On Campus has the potential to make a huge difference in students' lives, and I am thrilled to be a part of this wonderful cause."

Proud2Bme On Campus Taught Me That Self-Love is Liberating

Crystal Mojica: "Being able to participate in Proud2Bme On Campus has made me realize that I am not the only one who feels dissatisfied with their body image. I have learned that the glorified body image continuously depicted all over the media also influences many other college students. While working on projects to help others, these encouragements were helping me as well."

Proud2Bme On Campus Frequently Asked Questions

How do I get started?

Thank you for your interest in Proud2Bme On Campus! Getting started is easy: Simply fill out [this registration form](#) and our Youth Outreach Coordinator will be in touch with you as soon as possible. In addition, please browse through our [NEDA toolkits](#)—free resources designed to educate on eating disorders—and our [step-by-step guides](#) to on-campus events and activities.

What are the requirements for starting and maintaining a Proud2Bme On Campus group?

1. You must be enrolled as an undergraduate student at a college or university.
2. You must fill out an [online registration form](#). Our Youth Outreach Coordinator will contact you to schedule a follow-up phone call.
3. You must follow your college's (community college or four year institution) guidelines in starting a new student organization.
4. After your group is officially recognized, you must contact our Youth Outreach Coordinator with the name of your faculty advisor and schedule regular check-ins.
5. It is your responsibility to ensure that you adhere to all Proud2Bme guidelines and follow your campus' procedures for new groups.

What are the goals of Proud2Bme On Campus groups?

Proud2Bme is a national initiative to bring students, faculty, and campus services together in the fight against eating disorders. We know that with early detection, intervention, and awareness, we can make a difference. Student-led groups work to further our mission through hosting on-campus events on behalf of Proud2Bme, participating in Proud2Bme campaigns online, and encouraging students to contribute to our website. Groups play a vital role in spreading Proud2Bme's message of body positivity and eating disorder recovery.

Why should I work with Proud2Bme On Campus?

Proud2Bme is a community promoting positive body image and healthy attitudes about food and weight. Proud2Bme On Campus is an initiative of the National Eating Disorders Association (NEDA), with full-time staff members dedicated to the success and advancement of the program. You'll enjoy direct access to support from staff members when questions arise, activity guides, pamphlets, and additional educational materials. Students will also have the opportunity to contribute to the Proud2Bme blog and connect with other young activists around the world.

How long will it take me to start a group?

Just like starting any other on-campus group, leading a Proud2Bme group requires dedication and a significant time commitment. Because securing an advisor, recruiting interested members and leaders, and receiving approval can take a semester or longer, we encourage you to begin the process as soon as possible.

How do I find an advisor?

We encourage you to reach out to faculty members whose principles align with Proud2Bme's mission. Potential advisors might include a:

- Professor in a related field (e.g., journalism, psychology, gender & women's studies, sociology, health and exercise sciences) Representative from campus counseling services

How do I find and recruit interested members?

We advise you to recruit members through tabling on campus and handing out Proud2Bme On Campus pamphlets and stickers to students. You may request pamphlets and stickers after filling out our interest form and speaking to our Youth Outreach Coordinator. We also suggest that you ask your counseling/wellness center to display Proud2Bme On Campus pamphlets and stickers. You should also check with your campus' Office of Student Affairs for additional recommendations.

My group was approved! What should we do on campus?

We suggest that established Proud2Bme groups hold regular meetings to plan future initiatives. Activities can include tabling, handing out flyers and compliment cards, setting up video and photo booths, and hosting discussions on media literacy. A complete list of activities can be accessed [here](#).

Can my Proud2Bme group also serve as a support group?

No. Proud2Bme groups are meant to raise awareness, not offer health services of any kind. We encourage students to visit their campus counseling/wellness center for information on professionally-led support groups.

Can I start a Proud2Bme group at my high school?

Although Proud2Bme is geared toward college students, we welcome high school students and teachers to start a group or use our activity guide to host Proud2Bme events. Please email info@proud2bme.org for information about getting involved as a high school student.

Can I start a Proud2Bme activist group (not affiliated with a school)?

We welcome you to advance Proud2Bme's mission in your community. While we do not formally recognize off-campus groups, we encourage those interested to follow our [step-by-step guides](#) to raising awareness.

Can I host Proud2Bme events on campus without starting a group?

Yes. We encourage students to host campus events that follow the guidelines listed in our activity guide. Please email info@proud2bme.org before getting started for additional information on how to run and report back on your event.

Can I host events or social media campaigns not already listed in the activity guide?

Yes – after approval. Whether you have an idea to submit to our activity guide or aim to put your event plan into action, please email info@proud2bme.org with as many details as possible.

Will Proud2Bme fund my group or events?

Proud2Bme is unable to fund affiliated groups or events at this time. Please contact your campus' Office of Student Affairs for information about the standard allocation for new groups and how to craft a budget proposal. Funding varies by campus, so work closely with your faculty advisor on planning your proposal and aim to supplement funding by hosting on-campus bake sales or placing donation jars at your events.

Can I create social media pages or a website for my Proud2Bme On Campus group?

Official groups may set up Proud2Bme Instagram accounts *only*. Group leaders are responsible for setting up and maintaining Instagram accounts. Your group's Instagram handle must include the name of your college (example: *Proud2Bme_NYU*). Please send a link to your group's account to our Youth Outreach Coordinator for review and further instructions on how to tag your posts. While anyone may submit blog posts to Proud2Bme.org, campus groups should not create separate websites.

Thank You!

BY STARTING A PROUD2BME ON CAMPUS GROUP, YOU WILL:

- Bring eating disorders awareness and education to your campus
- Start an important conversation about body image and body confidence
- Engage students with activities, events and calls to action
- Work with school administrators to improve access to eating disorders resources

You'll also place yourself in a leadership position under the direction of a nationally-recognized organization. Not only is a group leadership position respected on campus, but it will also teach you valuable skills that will stand out on any job application or résumé.

Whether you choose to start an official Proud2Bme On Campus group or host Proud2Bme events and activities, you'll play a vital role in spreading our message of eating disorders awareness and body positivity.

Ready to get started?

Fill out our initial interest form to tell us about yourself and what you hope to accomplish by starting a Proud2Bme group on your campus. Once you submit the form, our Youth Outreach Coordinator will contact you to schedule a phone interview.

In the meantime, we invite you to check out our **brochure online** and email us at **info@proud2bme.org** with questions or comments.

We hope you found this guide both informative and inspiring. We can't wait to start creating campuses where students are Proud2Bme!

HERE ARE ADDITIONAL WAYS TO START CREATING CHANGE
IN YOUR COMMUNITY AND BEYOND...

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. Fill out this **form** to get started!

Act as a Media Watchdog by calling out praise or protest-worthy ads! Fill out this simple **form** to notify us about the best and worst media messages you've spotted. We might even turn your callouts into a full-fledged campaign!

Participate in NEDAwareness Week. By increasing awareness and access to resources, we can encourage early detection and intervention. Visit nedawareness.org to find out how you can help us put the spotlight on the seriousness of eating disorders.

NEDA RESOURCES:

- Eating disorders are serious illnesses that can be life-threatening. They are also extremely complex illnesses, arising from a variety of biological, psychological and social factors. NEDA has amassed a large resource of information to help you better understand eating disorders, which can be found at nationaleatingdisorders.org/learn.
- Access NEDA's free and confidential screening for eating disorders by visiting screening.mentalhealthscreening.org/NEDA.
- NEDA Toolkits are free resources designed to educate on eating disorders. Access our parent, educator and coach & athletic trainer toolkits by visiting nationaleatingdisorders.org/toolkits.
- Call NEDA's toll-free, confidential Helpline [Monday-Thursday from 9:00 am - 9:00 pm and Friday from 9:00 am - 5:00 pm (EST)] at **1-800-931-2237**.
- For news, updates and stories of inspiration and activism, visit the NEDA blog at nationaleatingdisorders.org/blog.
- The path to recovery is different for everyone, and each person's experience with an eating disorder is uniquely impacted by their many identities, including race or ethnicity, age, ability, religion, gender, and sexuality. We invite you to read these diverse Stories of Hope to gain inspiration and insights from those who have been through the difficult journey to recovery: nationaleatingdisorders.org/stories-of-hope.

