

JUST



THINKING



February 26-March 3, 2012

NationalEatingDisorders.org

Everybody Knows Somebody

If we all do *Just One Thing*, together we'll have a huge impact!

Join the National Eating Disorders Association in the fight against eating disorders by pledging to do just one of the following.

**Materials for activities listed are available to registered participants.*

1. **Host or sign up to be a NEDAwareness Week Volunteer Speaker/Presenter:** NEDA pre-written presentations provided.
2. **Help spread the word...get the Workplace Kit:** Put up the posters and create a take-one table for *How to Help a Friend* pamphlets, Helpline cards and NEDA pens.
3. **Join the Media Watchdogs:** The more people that write a letter of protest or praise, the louder the Media Watchdog voice! A great youth activism activity.
4. **Donate *Healthy Body Image: Teaching Kids to Eat and Love Their Bodies Too!* to a local middle school:** Get this fun, engaging tool into the hands of your local educators.
5. **Maximize the power of your social networking sites:** Post facts about eating disorders, tweet the Helpline number, and encourage your Facebook friends to learn more at myneda.org.
6. **Leave a pamphlet:** Put a stack in your doctor's or dentist's office, in the library or in a community center. Choose one or get all three: *How to Help a Friend*, *Do I...Am I...*, *What is an Eating Disorder?*
7. **Make it a movie night:** Choose a film from the provided Film List and watch it with friends and family. You can use the discussion guide to talk about the issues raised in the film.
8. **Disseminate free NEDA Toolkits:** Download and give out the Coach & Athletic Trainer Toolkit, Parent Toolkit or Educator Toolkit to coaches, gyms, school personnel, and parents.
9. **Recognize NEDAwareness Week at your school:** Download the free Educator Packet for resources, activities, films, discussion guides and handouts to educate faculty and students.
10. **Choose an activity or event from the Resource and Planning Guide CD-ROM:** Organize an activity, event, art project or fundraiser for NEDA to raise awareness in your community.

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NEDA invites you to ask your friends, local businesses, organizations, schools, gyms, medical professionals – anyone you can think of – to help raise awareness by doing *just one thing*.

Register today at www.NationalEatingDisorders.org.