



Everyone can do...*just one thing*

If we all do *just one thing*, together we'll have a huge impact!

You can create change by pledging to do just one of the following:

- 1) Sign up to be a NEDAwareness Week Volunteer Speaker/Presenter:** Deliver a NEDA pre-written presentation to a local school, PTA meeting, or other community gathering.
- 2) Invite a NEDAwareness Week Volunteer Speaker/Presenter to your classroom, youth group, PTA meeting, or other gathering.**
- 3) Help spread the word...get the Office Kit:** Bring NEDAwareness Week to your workplace, school or a Community Center. Put up the posters and create a take-one table for "How to Help a Friend" pamphlets, Helpline cards and NEDA pens.
- 4) Join the Media Watchdogs:** Write one letter in protest of an advertisement promoting negative body image, or in praise of an advertisement promoting positive body image. The more people that write, the louder the Media Watchdog voice!
- 5) Donate the GO GIRLS! Curriculum to a local high school:** Just one Media Literacy kit, which includes the GO GIRLS! Curriculum, can empower many youth to be critical media viewers and activists!
- 6) Maximize the power of your social networking sites:** Put up a link to the NEDA website, tweet a fact about eating disorders, encourage your contacts to learn more about eating disorders and invite them to join you in doing *just one thing*.

- 7) **Get the pamphlets:** Leave a packet of pamphlets in your doctor's office, dentist's office, library, etc. Choose one or get all three: How to Help a Friend, Do I...Am I..., What is an Eating Disorder?
- 8) **Watch a film with your friends or family:** Choose a film from the provided Film List and make it a movie night! You can use the discussion guide to lead a conversation about the issues raised in the film.
- 9) **Make the most of the Educator Toolkit:** Download and print the free Educator Toolkit and provide a copy to your local school's counselor, nurse or health educator
- 10) **Recognize NEDAwareness Week in your classroom:** Download the **free** Educator Packet and use the provided resources, activities, films, discussion guides and informational handouts during one class period.
- 11) **Add a Link:** If you have a website, blog, or newsletter, add the NEDAwareness Week logo and urge viewers to learn more. You can link the NEDAwareness Week logo to the NEDA website!
- 12) **Distribute the NEDAwareness Week coffee sleeves and coasters:** Perfect for a college or high school campus! Order a pack of the NEDAwareness Week coffee sleeves and/or coasters and ask your local coffee shops and restaurants to use them during the month of February.
- 13) **Choose an activity/event from the Planning and Resource Guide CD-ROM or Educator Packet:** Organize an activity, event, art project or fundraiser for NEDA to raise awareness in your community.

Pass it on! Ask your friends, local businesses, organizations, schools, gyms, medical professionals - anyone you can think of - to help raise awareness by doing *just one thing*. . .
And then let us know what you did by emailing us at: sroman@myneda.org