**Sample Letter to Schools and Organizations**

Dear [insert name of school head, etc.],

I would welcome the opportunity to speak with you about an important program to improve the body image and self-esteem of the high-school (and college-aged) girls, which would be made available free of charge to [insert name of school/organization]. I was trained by the National Eating Disorders Association (NEDA) to deliver the *Body Project*, an evidence-based body acceptance and eating disorders prevention program, to high school-aged girls. Backed by two decades of research and evaluation data, the *Body Project* gives girls the tools and skills to confront unrealistic beauty ideals and engages them in the development of healthy body image. This program has been found to improve body satisfaction, reduce risk for eating disorders, and improve school and social functioning for hundreds of young women across the US.

In the United States, 30 million people will struggle with an eating disorder at some point in their lives. Eating disorders are severe illnesses associated with significant medical and psychological impairment. Therefore, there has been increased attention devoted to the prevention of eating disorders. The *Body Project* is the only eating disorder prevention/body image improvement program that warrants the American Psychological Associations designation as an efficacious intervention. In this intervention model, participants critique our societal ideal standard of beauty in a series of verbal, written and behavioral exercises. Research shows that participants that engage in behaviors that are inconsistent with pro-appearance-ideal beliefs will likely experience decreased internalization of the culturally sanctioned appearance-ideal, in addition to other eating disorder risk factors, including negative affect, dieting, body dissatisfaction and eating disorder behaviors. Research also suggests that this program reduces the likelihood that individuals will develop an eating disorder.

In this program, students attend four one-hour sessions (or six 45-minute sessions) designed to improve body image. This program has been found to improve body satisfaction, reduce risk for eating disorders and improve school and social functioning.

Throughout the course of the *Body Project*, participants will:

1. Define the appearance-ideal and explore its origin
2. Examine the costs of pursuing this ideal
3. Explore ways to resist pressures to conform to the appearance-ideal
4. Discuss how to challenge our body-related concerns
5. Learn new ways to talk more positively about our bodies, and
6. Talk about how we can best respond to future body pressures

The attached flyer provides further details. Thank you in advance for your consideration of this important program. I look forward to speaking with you further. I can be reached at [insert phone number] or [insert email address].

Sincerely,

[insert name]

**Sample Letter to Students/Participants**

Date

Dear [insert name of school] Student,

We would like to invite you to participate in the *Body Project*, a program that gives girls the tools and skills to confront unrealistic beauty ideals and engages them in the development of healthy body image. In this program, students attend four one-hour sessions (or six 45-minute sessions) designed to improve body image. This program has been found to improve body satisfaction, reduce risk for eating disorders and improve school and social functioning.

Throughout the course of the *Body Project*, participants will:

1. Define the appearance-ideal and explore its origin
2. Examine the costs of pursuing this ideal
3. Explore ways to resist pressures to conform to the appearance-ideal
4. Discuss how to challenge our body-related concerns
5. Learn new ways to talk more positively about our bodies, and
6. Talk about how we can best respond to future body pressures

If you are seeking to improve your relationship with your body and would like to participate, please contact [insert name and title of facilitator] by e-mail at [insert e-mail address].

Please see attached flyer for more information about the *Body Project*.

Warmly,

[insert facilitator’s name]

**Sample Letter to Parents**

Dear Parents,

I am pleased to inform you about a special program called the *Body Project*, which would be made available free of charge to students at [insert name of school/organization].

Backed by two decades of research and data, the *Body Project* gives girls the tools to confront unrealistic beauty ideal and engages them in the development of a healthy body image. The program has repeatedly shown to effectively reduce body dissatisfaction, negative mood, unhealthy dieting and disordered eating. There is further evidence that the *Body Project*intervention reduces the risk of future onset of eating disorders and obesity. *This program is not intended for girls who have already been diagnosed with an eating disorder.*

Led by trained Facilitators, a group of 6 to 12 girls will participate and engage in structured activities which challenge unrealistic "appearance" ideals and promote body acceptance. Participants will also be given brief home exercises to complete each week, relating to positive self-image. The exercises should take approximately 15 minutes each week. Examples of program exercises include discussing pressures to conform to societal standards of beauty, and writing a letter to a younger girl warning them of the costs for pursuing unhealthy, and costly, beauty ideals.

The program will be offered **during their lunch hour/after school**, on the following dates, and your child should be available to participate on all the program dates:

***INSERT dates (and times, if offered outside of a regularly scheduled program or school day):***

Day of the week, month, date between [insert time frame]

Day of the week, month, date from time

Day of the week, month, date from time

Day of the week, month, date

Please review the attached flyer for more information about the program.

If your daughter would like to participate in this special program, please complete the***permission slip attached/below by*** ***DATE, and return to [name of point of contact].***

Should you have any questions about the program, I can be reached at ***[Insert email]*** or at

**[insert phone #]**.  As space is limited, please register early.

*Please note: If your child should miss a class, please let me know, so I can schedule time to briefly review any information missed before they attend the next session.*