The National Eating Disorder Association (NEDA) invites female students to participate in the Body Project, a program that builds tools and skills to confront unrealistic beauty ideals and engages participants in the development of a healthy body image.

**WHAT IS THE BODY PROJECT?**

The Body Project is a dissonance-based, body acceptance program for high school girls that is backed by two decades of research and shown to effectively reduce body dissatisfaction and have a positive impact on eating disorders.

**WHAT YOU WILL GET**

Students will attend four 1-hour (or six 45-min) sessions designed to improve body image by critiquing unrealistic ideals of beauty.

- The tools to FIND YOUR VOICE and become an advocate for body acceptance.
- A chance to CHALLENGE THE SYSTEM and CONFRONT STIGMA in a hands-on, fun environment where we practice pushing back against unwanted body comments.
- Permission to prioritize SELF-CARE. You will begin improving your body image, the first step to helping yourself and others, and to having a positive impact in the body acceptance movement.

**BODY PROJECT'S REACH:**

- **400** trained facilitators
- **OVER 90%** of participants report improved body image
- **100%** of participants learn new information
- **90%** of facilitators report feeling confident modeling body positivity in their lives

**HELP US REACH 2,600 GIRLS IN THE NEXT YEAR!**

SCAN HERE FOR MORE INFORMATION: