

CONNECT

WITH OTHERS IN THE BODY ACCEPTANCE MOVEMENT



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 the risk of 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:

OVER 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:

