

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 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:

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:

