

Email to parents

**Subject: 66% of adolescents are dissatisfied with their appearance.
Let's talk about it!**

Dear parents,

Our school has chosen to participate in the Sock It to Eating Disorders movement organized by Anorexia and Bulimia Québec (ANEB) to make adolescents, their parents and school personnel aware of a problem that affects 66% of adolescents. In fact, the majority of young people are dissatisfied with their appearance and weight, which creates significant risk factors for eating disorders (EDs) in 6% of them. EDs are the third most common mental illness among youth in Canada, and the p

In fact, the majority of young people are dissatisfied with their appearance and weight, which creates significant risk factors for eating disorders (EDs) in 6% of them. EDs are the third most common mental illness among youth in Canada, and the pandemic tends to exacerbate the difficulties experienced by young people.

The campaign has three objectives:

- Encourage conversation about self-esteem, nutrition, and the body images seen on social networks and in the media.
- Promote awareness of the support services offered by ANEB.
- Raise funds to enable ANEB to continue offering these services.

Throughout the month of April 2024, we will be organizing several activities to address this issue with students. ANEB has prepared a kit to provide teachers with all the necessary tools to participate in the Down with Eating Disorders movement. We encourage you to ask your students about it to start the conversation with them.

The campaign also includes Silly Sock Day on April 11, 2024, where students can proudly wear #sockittoED socks!

→ To purchase them and support ANEB's services, click [HERE](#).

Join the movement by supporting your students and giving them the chance to advocate for a cause that directly affects them!

Thank you in advance for your support.



[To learn more](#)

**Sock it
to eating
disorders**

April 11, 2024 | #sockittoeds

Join the
mouvement !

aneb

Anorexie et boulimie Québec

#abaslesta @anebquebec