

# Email to students

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

Hello,

- Did you know that 2/3 of young people are dissatisfied with their appearance?
- Who determines beauty criteria?
- Where does social pressure come from?
- Do social networks have such a great influence?

Our school has decided to give you a voice by participating in the Sock It to Eating Disorders movement organized by Anorexia and Bulimia Québec (ANEB) and taking place from the end of February to April 11, 2024.

## Objective

- Encourage conversation about self-esteem, nutrition, and the body image 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.

## Activities

- Awareness activities Contest
- Enter for a chance to win one of 20 gift cards from Simons store.
- Video and photo #sockittoeds
- Sock sale #sockittoeds & Funky Sock Day on April 11
- Youth fundraising campaign



ANEB has prepared a kit to provide you with all the necessary tools to participate in the Sock it to Eating Disorders movement. #sockittoeds

*School administration*

**P.S. This campaign is yours,  
It's up to you to spread your message!**



[To learn more](#)

Join the  
mouvement !

# Sock it to eating disorders

April 11, 2024 | #sockittoeds

aneb

Anorexie et boulimie Québec

#abaslesta @anebquebec

