



Join the  
movement!

April 6,  
2022

## Sock it to eating disorders

Sock It to Eating Disorders is a campaign to educate adolescents and those around them about mental illnesses like anorexia and bulimia.

**aneb**<sup>35</sup>  
ans  
Anorexie et boulimie Québec

#sockittoed @anebquebec

# 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 pandemic tends to exacerbate the difficulties experienced by young people.

**The campaign has three objectives:**

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

From the end of February to April 6, 2022, school staff will be organizing some activities to address this issue with students. Why not invite your children to talk to you about this, as a way of engaging a dialogue?

ANEB has prepared a [kit](#) with all the tools students will need to participate in **Sock It to Eating Disorders**. The kit includes a fact sheet describing the main eating disorders.

Visit [anebquebec.com/en/](http://anebquebec.com/en/) and [anebados.com/en/](http://anebados.com/en/) or our **Facebook page** to learn more.

Be part of the movement by supporting your children and giving them the chance to advocate for a cause that directly affects them!

Thank you in advance for your support.

Sincerely,

**School Administration**