



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.

**aneb35**  
ans  
Anorexie et boulimie Québec

#sockittoed @anebquebec

# 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 6, 2022.

### 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.

### Activities

1. Viral video
2. Youth Campaign
3. Special day on April 6

ANEB has prepared a [kit](#) with all the tools you need to participate in Sock It to Eating Disorders. #sockittoed

### School Administration

**P.S. This campaign is yours, it's up to you to get your message across!**

Visit [anebados.com/en/](https://anebados.com/en/) and [@anebquebec on Facebook](https://www.facebook.com/anebquebec) to learn more.