



Email for school personnel

Join the
mouvement !

Sock it to eating disorders

April 11, 2024 | #sockittoeds

aneb
Anorexie et boulimie Québec

Objet : 66 % des jeunes sont insatisfaits de leur apparence. Parlons-en!

To all staff members,

Like more than forty schools in Québec, 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 as you know, 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.

La campagne vise trois objectifs :

- Engager la discussion entre les jeunes et leurs proches au sujet de l'estime de soi, de l'alimentation et de l'image corporelle.
- Faire connaître les services d'aide dispensés par ANEB.
- Amasser des fonds pour soutenir les services offerts par ANEB.

Throughout the month of April 2024, the school staff will be called upon to supervise a few activities prepared by ANEB so that young people can participate in the Sock it to Eating Disorders mouvement with your support. The campaign also includes Funky Socks Day on April 11, 2024!

ANEB has prepared a kit with all the tools we need to participate. The kit includes:

- Videos of spokespeople and testimonials
- Activities and suggestions to integrate the issue of eating disorders into our classrooms
- Ideas for participating in fundraising efforts
- You will receive pairs of #sockittoed socks
- Description of the #sockittoed contest

As always, thank you in advance for your support.
Sincerely

School Administration



Pour en apprendre
davantage