



Join the  
movement!

April 5,  
2023

## 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

Anorexie et boulimie Québec

#sockittoed @anebquebec

# Email for school personnel

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

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:**

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.

March to April 5, 2023, school staff will be facilitating some activities prepared by ANEB so that, with your help, students can be part of the Sock It to Eating Disorders movement.

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

- a fact sheet describing the main eating disorders
- videos featuring the campaign spokespersons
- testimonials from adolescents who have benefited from ANEB's services
- suggestions for incorporating discussions about eating disorders into our classrooms and extracurricular activities

Visit [anebquebec.com/en/](http://anebquebec.com/en/) and [anebados.com/en/](http://anebados.com/en/) to learn more.

As always, thank you in advance for your support.

Sincerely,

**School Administration**