



February 20-26, 2011

NationalEatingDisorders.org

Theme: It's Time to Talk about It

Everyone Can Do...*Just One Thing*

If we all do *just one thing*, together we'll have a huge impact!

**Join the National Eating Disorders Association in raising awareness about eating disorders!
You can create change by pledging to do just one of the following:**

- 1) **Host or sign up to be a NEDA Awareness Week Volunteer Speaker/Presenter:** NEDA pre-written presentations provided.
- 2) **Help spread the word...get the Workplace Kit:** Put up the posters and create a take-one table for *How to Help a Friend* pamphlets, Helpline cards and NEDA pens.
- 3) **Join the Media Watchdogs:** The more people that write a letter of protest or praise, the louder the Media Watchdog voice! A great youth activism activity.
- 4) **Donate *Healthy Body Image: Teaching Kids to Eat and Love Their Bodies Too!* to a local middle school:** Get this fun, engaging tool into the hands of your local educators.
- 5) **Maximize the power of your social networking sites:** Post facts about eating disorders, tweet the Helpline number, and encourage your Facebook friends to learn more at myneda.org.
- 6) **Leave a pamphlet:** Put a stack in your doctor's or dentist's office, in the library or in a community center. Choose one or get all three: *How to Help a Friend*, *Do I...Am I...*, *What is an Eating Disorder?*
- 7) **Make it a movie night:** Choose a film from the provided Film List and watch it with friends and family. You can use the discussion guide to talk about the issues raised in the film.
- 8) **Disseminate free NEDA Toolkits:** Download and give out the Coach & Athletic Trainer Toolkit, Parent Toolkit or Educator Toolkit to coaches, gyms, school personnel, and parents.
- 9) **Recognize NEDA Awareness Week at your school:** Download the free Educator Packet for resources, activities, films, discussion guides and handouts to educate faculty and students.
- 10) **Choose an activity or event from the Resource and Planning Guide CD-ROM:** Organize an activity, event, art project or fundraiser for NEDA to raise awareness in your community.

It's time to talk about it. NEDA invites you to ask your friends, local businesses, organizations, schools, gyms, medical professionals – anyone you can think of – to help raise awareness by doing *just one thing*.

Register today at www.NationalEatingDisorders.org.