



**February 20-26, 2011**

[NationalEatingDisorders.org](http://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](http://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](http://www.NationalEatingDisorders.org).**