



BODY PROJECT

CONNECT
with others in the
body acceptance movement

WHAT IT IS:

A dissonance based, body acceptance program for high school girls that is backed by two decades of research and shown to effectively reduce body dissatisfaction and have a positive impact on eating disorders prevention.

WHAT YOU WILL GET:

The tools to **FIND YOUR VOICE** and become an advocate for body acceptance.

A chance to **CHALLENGE THE SYSTEM** and **CONFRONT STIGMA** in a hands on, fun environment where we practice pushing back against unwanted body comments.

Permission to prioritize **SELF-CARE**. You will begin improving your body image, the first step to helping yourself and others and to having a positive impact in the body acceptance movement.

BODY PROJECT'S REACH:

Over 400 trained facilitators

Over 90% of participants report improved body image.

100% of participants learn new information.

90% of facilitators report feeling confident modeling body positivity in their lives.