

Family Communication

Last Week of February

National Eating Disorders Week



Dear Eagles (Insert School Name or Mascot Here) Family,

During the last week of February, we bring awareness to the thousands of teens who suffer from eating disorders. The adolescent and teenage years are a time of growth and transformation, physically, mentally and biologically. The obvious physical changes associated with adolescence and puberty can be confusing and uncomfortable for young people unless we teach, normalize and let them know what to expect.

So, today Eagles (insert school name or mascot here) we want our community to learn all the facts, increase our awareness, and empower your choices! Your students will have the opportunity to learn more _____ (insert text from checked boxes below).

- From our counselor, teacher, or nurse
- During a homeroom or advisory class activity
- At the information table in the library, lunchroom, or (other public area)
- In this week's health classes
- In the www.KnowYourNeuro.org website
- Other _____

Use the videos and handouts in www.KnowYourNeuro.org to educate young people starting in middle school about body changes, how media affects body image perceptions, the dangers of eating disorders and how to create healthy eating habits to feel good in your own skin.

For questions or more information, please contact me.

School Official's Signature and Contact Information