

Morning Announcements

Last Week of February

National Eating Disorders Week



Good morning __Eagles__ (insert school name or mascot here) 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 you know what to expect.

So, today __Eagles__ (insert school name or mascot here) we want you to learn all the facts and increase your awareness to empower your choices! You will have the opportunity to learn how to create a healthy body image and the dangers of eating disorders _____ (insert text from checked boxes below).

- From your counselor, teacher, or nurse
- During the 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 _____