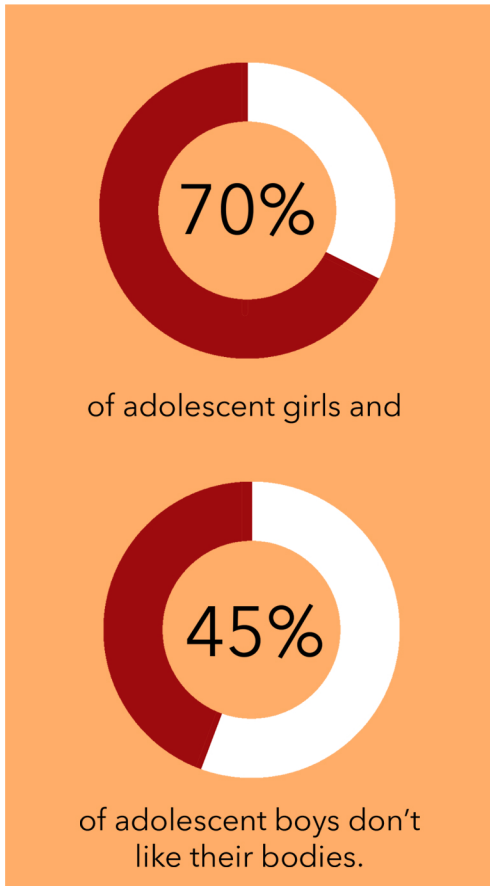


BE REAL USA: ADVOCATING FOR BODY CONFIDENCE



We're spreading body confidence across the USA, so every child can grow up with a healthy relationship to food and their body. Be Real USA is a grassroots movement linking caring people with education and legislative advocacy opportunities. Research shows that children who grow up body confident have better physical and mental health, do better in and out of school, and are more likely to fulfill their unique potential.

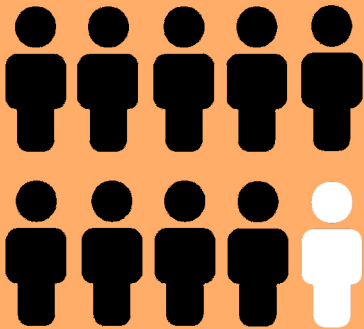
THE REAL PROBLEM



Research proves body dissatisfaction has psychological and physical consequences:

PHYSICAL	 Avoiding Self Care	 Eating Disorders
	 Risky Sexual Behavior	 Substance Abuse
PSYCHOLOGICAL	 Depression	 Low Self-Esteem
	 Anxiety	 Suicidal Thoughts

In 2018, we surveyed 10th graders in a north-suburban Chicago high school:



- 9 out of 10 kids said that body image was a "big problem" in their lives
- 9 out of 10 kids said that body image was an "important topic to discuss in schools"

BE REAL SOLUTION: EDUCATION ADVOCACY

Be Real USA gives schools free, body image resources tested for efficacy by STRIPED, an eating disorder prevention incubator at the Harvard School of Public Health.

Find these free resources at BeRealUSA.org

Be Real USA's **Body Confident Schools Workshop** is for teachers' professional development training at state Regional Offices of Education

Be Real USA's **Body Confident Schools Presentation** is for health teachers, coaches, social workers, guidance counselors, and administrators at their schools

Be Real USA's **Body Confident Kids Presentation** is for parents at school Parent Nights

Be Real USA links to free, evidence-based **body image curriculum** for health classes and after-school groups