

BODY CONFIDENT KIDS

THURSDAY, JANUARY 15TH, 6:00-7:00PM

Rock Island Library- Watts-Midtown Branch: 2715 30th St., Rock Island, IL

In May 2023 the U.S. Surgeon General issued an **advisory** about the effects of social media on youth mental health. With regard to body image, the report warns, "Social media may perpetuate body dissatisfaction, disordered eating behaviors, social comparison, and low self-esteem, especially among adolescent girls." Over 75% of today's adolescents report "body image distress" (Milton et al., 2021).

Research ties body dissatisfaction to eating disorders, anxiety, depression, and suicidal ideation (Perkins & Brausch, 2019; McLean et al., 2022). Young people who don't like their bodies often suffer from low self-esteem and are more likely to abuse drugs and alcohol (Bornioli et al., 2019). To help with these mental health issues, BE REAL created research-based **Body Confident Kids** professional development workshops to give body confidence tools to the adults in children's lives.

Who Should Attend the Training: Parents and those with children in their lives who they want to support.

SPEAKER

STEPHANIE BURROUGH

For the past 15 years Stephanie has acted as Project Coordinator for Amy's Gift, a Quad Cities Eating Disorders Consortium. As someone who experienced an eating disorder at a young age, she is grateful to forward the mission of "hope, help and healing for those with eating disorders in the Quad Cities community".

In her current role as Community Relations Specialist at the Robert Young Center for Community Mental Health she acts as an advocate and organizer for various mental health programs and training events throughout the year. Stephanie is also a BE REAL Ambassador for BE REAL USA.

"As a father of two teenage daughters and as a principal of a high school, I found the **BE REAL's Body Confident Schools** presentation to be positively impactful. This presentation helped me to reflect upon prioritizing wholeness over the negative aspects of the hyper-health crazed society that bombards us and our teens daily. This presentation gives adults and educators a framework with which to assess their own relationship to being body kind and the impact upon those whose lives we play a part in. I highly recommend that educators and adults alike take part in this presentation and begin the conversation around supporting ourselves and our teens on this journey of health and wholeness."

Erik Finnestead
Principal, Silver Creek High School
Longmont, Colorado



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