EDSA

In partnership with The National Association of Anorexia Nervosa & Associated Disorders

Promoting Body Positivity Through Social Media

WRITTEN BY:
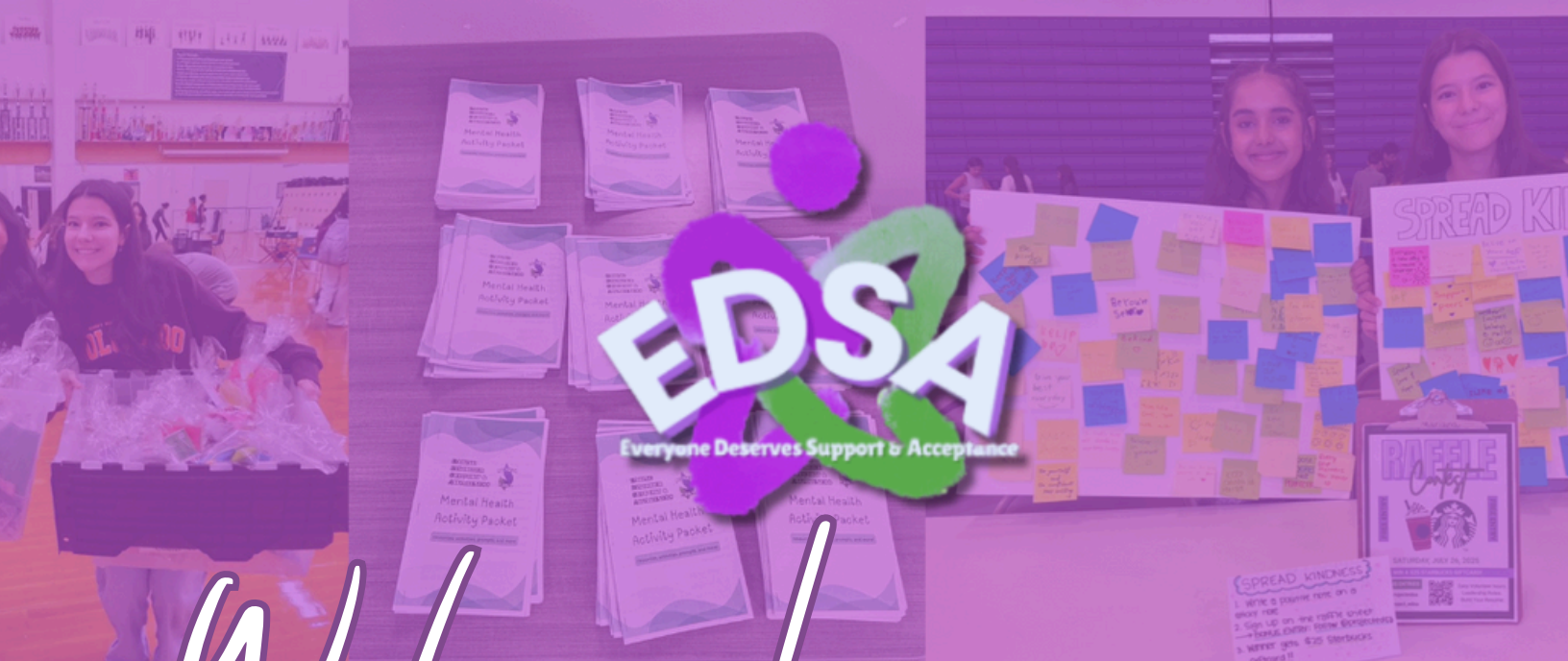
Andrea Sanchez

Welcome!

Project EDSA is a youth-led organization partnered with the National Association of Anorexia Nervosa and Associated Disorders (ANAD) to address toxic media, diet culture, and digital misinformation.

Through workshops, school-based chapters, storytelling initiatives, and digital literacy resources, we help students navigate harmful online content and access inclusive mental health support.

EDSA empowers young people to engage with social media critically, spot misinformation, and advocate for their mental health both online and offline.

To learn about us and access more free resources like this, visit our website at https://projectedsa.wixsite.com/home.

-Diya Mankotia

Diya Mankotia, Founder & Executive Director

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CONNECT WITH US

Connect with EDSA across social media to learn about and support our mission.

WEBSITE
https://projectedsa.wixsite.com/home

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ABOUT THIS GUIDE

This guide is part of <u>Project EDSA's Resource Library</u>, which is a collection of free, evidence-based toolkits, worksheets, and resource guides designed to provide mental health, body image, and media literacy education and support to students, schools, and communities.

Ready to make your corner of the internet a better place? This guide was created to help students like you use social media to champion inclusive body positivity.

We'll show you how to:

- Understand the true meaning of body positivity, and how it includes everyone
- Confidently respond to negative comments and body shaming
- Take practical steps to promote a healthier and more positive online environment
- Find additional help and resources when you need them
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This is your resource for becoming a leader in the online movement for body positivity.

Written by: Andrea Sanchez

ABOUT BODY POSITIVITY

Body positivity is more than just feeling good about your own body. It's a movement focused on:

- **Inclusive Representation**: Ensuring all bodies—regardless of size, shape, color, age, gender, or ability—are seen and celebrated.
- **Challenging Harmful Norms:** Actively working to dismantle body shaming, discrimination, and unrealistic beauty standards.
- **Fostering Acceptance:** Cultivating a positive and supportive environment where everyone feels valued and respected for who they are.

WHY IT'S IMPORTANT IN ONLINE SPACES

Positive online spaces are crucial because they help people feel safe and supported.

By actively being supportive online, you can help others feel more confident in their own bodies. Your actions can lead to a healthier and more accepting digital environment for everyone.

RESPONDING TO NEGATIVITY

Responding to negative comments can help others recognize body shaming and its harmful effects. By speaking up, you not only stand up for yourself or others, but you also show your followers that this type of behavior is unacceptable.

Here are a few examples of what you can say:

- *"That's not a comment that needs to be made."*
- *"My body isn't up for discussion."*
- *"Please don't body-shame on my page."*

Responding isn't always the right choice. Instead, you can:

- **Report harmful comments:** This helps build a safer community for everyone without you having to interact with negativity.
- **Ignore or block anything negative:** This helps to protect your own mental well-being and set boundaries.

PROMOTING BODY POSITIVITY ONLINE

- **Offer Uplifting Comments:** Show your support for others by leaving simple, encouraging comments like, "Love this message!" or "You look so happy!" These small actions can have a big impact.

- **Create Your Own Posts:** You can also take the lead by making your own posts. Pair a visual of your choice with a positive message, such as, "All bodies are beautiful," or "My body is enough."

Helping others learn about different experiences and understanding body diversity can motivate and inspire them to contribute to positivity on social media. You can share articles, videos, or infographics that explain topics like body neutrality or fat liberation.

Always remember to use kind and respectful words when talking about bodies to avoid unintentional harm.

ADDITIONAL RESOURCES

IIf you or someone you know is feeling troubled or needs extra support, these confidential resources are available:

- **988 Suicide & Crisis Lifeline**: A free, confidential hotline for mental health support. Call or text 988 anytime to connect with a trained counselor.
- **Teeline**: A free and completely anonymous hotline offering peer-to-peer support.

If you want to learn more about body positivity and social media, these organizations are great places to start:

- **Butterfly Foundation**: This organization provides a wide range of resources for schools, parents, and communities. They offer valuable information on body kindness and tips for navigating social media in a healthy way.
- **NEDA (National Eating Disorders Association)**: NEDA has various resources for everyone on how media can impact eating disorders.

Thank you!

We hope this resource provided practical tools, ideas, and inspiration you can put into action right away.

We encourage you to share this with your school, community, or network. The more people who have access to reliable, supportive information, the stronger and more connected our communities become.

For more resources, visit Project EDSA's Resource Library to explore free, evidence-based guides, toolkits, and activities for your mental and physical health.

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