

How to Raise **BODY POSITIVE** Kids

a presentation by McCall Dempsey, National Alliance for Eating Disorders

Wednesday, August 31, 2022

St. Johns Country Day School

40% of all 9 and 10-year-old girls have *already been on a diet*
Nearly 20% of boys are highly concerned about their weight & physique

In a society that is obsessed with appearance, food and body, our children are exposed to an alarming amount of negative body messages every single day. The pressure to live up to such a narrow beauty standard, affects all ages, genders and races both physically and mentally.

How can we, as parents, protect our children from these negative messages?

The solution starts with you.

- Get to know the facts (body image, eating disorders signs & symptoms)
 - Pressures at every age: grade, middle and high school
 - Learn how to become a healthy, body positive role model for your child
 - Expose the myths & become a critical consumer of media
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About the National Alliance for Eating Disorders

The National Alliance for Eating Disorders (formerly The Alliance for Eating Disorders Awareness) is the leading national nonprofit organization providing referrals, education, and support for all eating disorders. Since October 2000, we have worked tirelessly to raise awareness; eliminate secrecy and stigma; promote access to care; and support those susceptible to, currently experiencing, and recovering from eating disorders.



Meet McCall Dempsey

Southern Smash Founder • Proud Momma • Speaker • Writer



McCall Dempsey is the founder of Southern Smash, a program of the National Alliance for Eating Disorders, aimed at raising eating disorder awareness and promoting positive body image through its signature scale smashing event. After a 15-year battle, McCall has made eating disorder awareness and education her life's work and passion.

McCall has been featured in various national print and online publications, including USA Today, Women's Health and Today Show Parents. McCall has also appeared on Huffington Post Live and the Today Show.

McCall resides in Ponte Vedra Beach, Florida, with her husband, Jordan, and children, Manning and Marjorie.

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