



UnityPoint Health
Robert Young Center

amy'sGIFT

QUAD CITIES EATING DISORDERS CONSORTIUM

BE REAL.

Presenting a Professional Development Workshop

BODY CONFIDENT SCHOOLS

IA/Scott County Schools: Wednesday, February 2nd, 3:30pm - 6:30pm

IL/Rock Island County Schools: Thursday, February 3rd, 3:30pm - 6:30pm

DESCRIPTION: Today's explosion of visual social media use--like Instagram and TikTok--has created an epidemic of body image problems for young people. Body dissatisfaction affects upwards of 70% of adolescent girls and 40% of adolescent boys.

Research ties body dissatisfaction to a host of adolescent mental health problems from eating disorders, to depression and isolation, to suicidal ideation. Young people who don't like their bodies suffer from low self-esteem and are more likely to abuse drugs and alcohol. COVID-19 has only exacerbated these mental health issues for young people who have spent more time alone and on social media.

AUDIENCE: BE REAL's evidence-based **Body Confident Schools** professional development workshop was created for health teachers, coaches, school social workers, nurses, counselors, advocates & administrators.

OBJECTIVES:

1. Discuss body image & adolescents in today's world.
2. Provide 5 Steps to Create a Body Confident School Environment.
3. Teach attendees about a free, evidence-informed, HECAT-compliant body image curriculum.



SCHEDULE:

3:30 - 5pm: Part One
5pm - 5:10pm: Break
5:10 - 6:30pm: Part Two

SPEAKER: Denise Hamberger, J.D.

Denise Hamberger, J.D., is the founder and executive director of BE REAL USA, a nonprofit that envisions a world where **each and every** student can grow up with a healthy relationship to food and their body. In 2019, Denise created a professional development workshop for teachers called *Body Confident Schools* and has delivered this training to over 1500 US teachers. She has spoken at the Harvard T.H. Chan School of Public Health, Amazon, and the Centers for Disease Control and Prevention (CDC).

REGISTRATION

This event is sponsored by Amy's Gift and is FREE for all who attend.

Event will take place online. There are a limited number of spots available.

RSVP by contacting Stephanie Burrough, Project Coordinator of Amy's Gift: Quad Cities Eating Disorders Consortium via email at stephanie.burrough@unitypoint.org or via phone at (309) 779-3077.

CE CREDITS

2.8 contact hours will be awarded at the conclusion of the program by UnityPoint Health-Robert Young Center as a pre-approved sponsor State of Illinois IDFPF per Administrative Rules for Nurses and Social Workers (210 ILCS 85).
Contact hours earned for Illinois may be applied to fulfill continuing education requirements for Iowa.

PD CREDITS

3.0 PD hours will be available by the Rock Island Country Regional Office of Education for a \$25 fee.