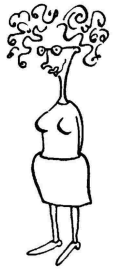


# MIND, BODY & SOUL BOOSTERS



EVENTS THAT LET YOU ENJOY THE SKIN YOU'RE IN

## **Pasifika Festival** FREE EVENT

**When: Saturday 9<sup>th</sup> March – Sunday 10<sup>th</sup> March**

**Where: Western Springs Park and Stadium, Western Springs**

Enjoy tapping into all your senses! Experience the feelings, sights, sounds, tastes and smells of the Islands. Find contemporary arts, music, traditional food, handicraft, cultural performances, and much more!



## **WOMAD – World of Music, Art and Dance**

**When: Friday 16<sup>th</sup> March – Sunday 18<sup>th</sup> March**

**Where: Brooklands Park and TSB Bowl, New Plymouth**

An exhilarating weekend of rhythms, sights and sounds. Celebrate diversity with a whirlwind trip around the world with over 300 artists - from Mexico to Mali, from Israel to India and many enticing points in between!



## **The Devonport Classic – Fun Run/Walk**

**When: Sunday 25<sup>th</sup> March**

**Where: Devonport**

Choose the 5km or 10km route and run or walk through the 400m underground tunnel at the Royal New Zealand Naval Base. All fitness levels are encouraged to join in, with an emphasis on fun and personal achievement.



## **International Women's Day 2007**

**International Women's Day is a major day of global celebration for the economic, political and social achievements of women.**

International Women's Day (8 March) is celebrated by women's groups around the world. When women on all continents, often divided by national boundaries and by ethnic, linguistic, cultural, economic and political differences, come together to celebrate their Day, they look back to a tradition representing over nine decades of struggle for equality, justice, peace and development.

International Women's Day is the story of ordinary women as makers of history; it is rooted in the centuries-old struggle of women to participate in society on an equal footing with men. Why not celebrate your confidence and belief in yourself as a woman of any size or shape. For women, these nine decades of struggle include the struggle for ownership and expression of our bodies without pressure to conform to unacceptable ideals. International Women's Day may be a vehicle for acknowledging it is impossible to be on an equal footing with men while we strive to achieve and maintain ideals that starve our bodies, sap our energy, destroy our self-confidence and concentrate our focus on our appearance rather than our identities, talents and abilities.

## Participate in EDEN'S BWISE project

EDEN invites secondary schools to participate in BWISE, EDEN's peer education project. EDEN currently offers 8-10 students within each contracted school the opportunity to train as Body Image Leaders. Students attend two workshops and our youth worker, Deb, will meet with peer educators at each school on a regular basis to facilitate and support their role as educators on eating and body image issues in their school. Here is what some of our recent peer educators have had to say about their experience:

*We help our peers by educating them about diets and body image. They learn to feel more comfortable in their own bodies. There is a sense of achievement in encouraging people to feel happy and good about their bodies.*

*We develop more self confidence by understanding how media produces images and knowing the facts about the dangers of dieting. We feel more aware of body image issues and who's affected. We learn it is better to eat normally than to diet and about body image satisfaction – everyone can have this and feel confident with who they are and their own body.*

Deb brings passion and vitality to her role, and loads of new ideas and inspiration. This is a great time to get your school involved in this project. Further information about our youth strategy and about the BWISE project is included on our website. Contact EDEN as soon as possible if you would like your school to become involved.

### Deb's Take on Dieting vs. Body-Trust

	<b>Dieting</b>	<b>Body Trust</b>
Based on the Emotions of:	<i>Shame Guilt</i>	<i>Love Confidence</i>
It offers:	<i>Unrealistic false promises</i>	<i>A way of life</i>
Results are marked by:	<i>Reward or Punishment Failure or Success</i>	<i>Satisfaction or Patience Level of self-care</i>
Marketed by	<i>The Diet Industry (Who want your money!)</i>	<i>Eden and other Edenish people (Who want you to be you!)</i>
Self-Talk is:	<i>Harsh and punishing</i>	<i>Affirming and loving</i>
Success is Measured by:	<i>Weight Appearance</i>	<i>Meeting your body's needs for energy, movement, pleasure Holistic health</i>
The Ideal is:	<i>Thinness</i>	<i>Health and wellbeing</i>
The Body:	<i>Is starved and restricted</i>	<i>Has its needs met and is trusted and valued</i>
The Focus is on:	<i>The outcome</i>	<i>The process</i>
Life is:	<i>Put on hold until the weight is off</i>	<i>Enjoyed now</i>
Eating is:	<i>Restrictive</i>	<i>Intuitive</i>



START A REVOLUTION  
STOP HATING YOUR BODY



# EDEN

EATING  
DIFFICULTIES  
EDUCATION  
NETWORK



### Services & Support:

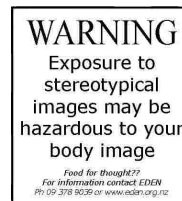
If you wish to access the services of EDEN, participate in a support group or visit our resource centre, please phone us on 378 9039 or email us at [info@eden.org.nz](mailto:info@eden.org.nz)

### Resources from EDEN ...

Laminated 'Thank you for not talking about your diet' posters are available in several colours from the EDEN office. Various postcards are also available: 'Thank you for not talking about your diet', 'Why make your dreams weight?' and 'Obsession'.

### Stickers Available

EDEN has produced some great stickers — for magazines in waiting rooms, at home, anywhere!! See EDEN's website or contact us for costs.



## Vodafone New Zealand Foundation



*Thanks to all of our funders and to the Vodafone New Zealand Foundation for supporting Maree to make a World of Difference through her work at EDEN in 2007.*

### Become a "Friend of EDEN" & receive our FREE quarterly newsletter

To be added or removed from the mailing list please fax or post the following:

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**Email:** \_\_\_\_\_

- Please tick one:**
- Please add my name to hardcopy mailing list
  - Please remove my name from hardcopy mailing list
  - Please email me EDEN newsletters in future

[www.eden.org.nz](http://www.eden.org.nz) [info@eden.org.nz](mailto:info@eden.org.nz)

1 GARNET ROAD, WESTMERE. PO BOX 78 005, AUCKLAND 2. PH 09 378 9039 FAX 09 378 9393

# Youth Activism - Promoting Size Acceptance & Body Satisfaction



As youth, we live in a world which operates in ways we may not agree with. There are times when we may feel powerless to change that. This is especially true with issues around body-satisfaction and the messages we receive from the media.

Margaret Mead said, "Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has".

No matter how powerless you may feel, there are things you can do to make a real difference. Here are some steps to getting vocal...

## It starts with YOU!

Changing the world is all very well, but a really important part of influencing others is *leading by example*. Make sure your personal behaviour reflects size acceptance and body-satisfaction.



- **Live life out loud;** dance, swim, wear shorts, enjoy a picnic, eat a donut – whatever shape or size you are.

- **Watch your mouth;** Talk in a way that reflects your values – don't get sucked in to mindless chatter about weight, dieting and critical body talk.

- **Educate yourself;** Find out more about the topics you are interested in (Eden's website has a great selection of recommended resources and links)

- **Two (or three...or four...) heads are better than one**

Spend time with like-minded, positive people. Hanging around people who share your interests and attitudes can be a great way of keeping your energy levels up and generating ideas.

- **Get Active! Get Creative!**

These are a few ideas to get you started...

- **Sign petitions** (Like *Disney Initiative For A Plus-Sized Heroine*) or better yet...

- **Start your own petition** - [www.ipetitions.com](http://www.ipetitions.com) lets you customize your own petition for free quickly and easily.

- **Sell clothes on trade me** – Organise a group of friends to sell all their 'I'm keeping this for when I'm skinny' clothes on trade me and donate the money to your favourite charity or buy some clothes that fit and look great!

- **Support organisations** that promote body-satisfaction, congratulate and support companies who have positive images and messages in their advertising

- **Write to the girl's/women's Magazines** and tell them what you think (for letter writing tips go to: <http://femmerevolution.8m.com/>)

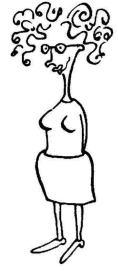
- **Complain to the Broadcasting Standards Authority** about Ads promoting unacceptable images. To lodge a formal complaint - [www.bsa.govt.nz](http://www.bsa.govt.nz)

**Please share your activism with us!**

We want to hear about what you are doing to promote body-satisfaction.

Email us, or write to us: [info@eden.org.nz](mailto:info@eden.org.nz) or Eden, PO Box 78005, Grey Lynn, Auckland.

# What Should Educators Teach about Eating Disorders?



(taken from Healthy Weight Journal, May/June 2001 by Ellen S. Parham, Guest Editor)

Last week, college seniors in my class told me that, as sophomores, they had been required to attend a presentation about the dangers of eating disorders. After an hour of seeing glamorous depictions of too-thin models, they went home determined to lose weight. How often do our well-intentioned efforts to discourage eating disorders have such unintended effects? And to what extent are our confusions a factor in our ineffectiveness?

We know that students who meet the diagnostic criteria for anorexia nervosa or bulimia nervosa are in danger. We know what to think about eating disorders: they are bad. Dieting to an extreme is something we can unite against. But what about a little dieting or moderately disrupted eating?

Clearly, the obsessive thinking of eating disorders is a problem. But how often do we admire the willpower of a student who skips lunch? Do we compliment students on weight loss and confess that we wish we could do the same?

Our efforts to combat eating disorders will be crippled as long as we ourselves harbour feeling of fat phobia. If we cannot accept our bodies, how can we possibly expect it of our students, who live in a culture that uses appearance as a standard for any number of social decisions?

As a nutrition teacher, I often find it hard to shake off the traditions of fat phobia that lurk throughout the curriculum. Our entry-level classes in nutrition teach energy balance with machine analogies that totally deny the complexity of energy metabolism and of the role food plays in people's lives. We advocate low-fat diets and then warn that even if you scorn the high-fat foods, you can still be heavy. Our classes in medical nutrition therapy list 'achieve and maintain an ideal weight' as one of the essentials of treatment for disease after disease without any reckoning with the difficulty of doing this. Then we reach the special unit on eating disorders: what really happens there?

What might we teach that would discourage eating disorders? How about these for starters: respect for diversity, tolerance for ambiguity, and awareness that we can change some things and others we cannot? The value of being in tune with your own body, knowing its strengths and limitations, when it is hungry and when it is not, and when it wants to move and when it needs to rest? How to deal with disappointment and rise to face another day?

## In short

There are millions of gorgeous body shapes.  
Yours is one of them.  
Dieting doesn't work.  
Your thighs are pretty cute.  
Exercise should be fun not duty.  
Expensive cosmetics may not be better than cheapies.  
Advertising lies.  
Plastic surgery sucks.  
Modelling can be miserable.  
You can recover from an eating difficulty.  
You can read magazines and watch television critically.  
You can fight the body police.  
You are not your buttocks.

