

**SAY IT
BRAVE**
ON CAMPUS

**EATING
DISORDERS
AWARENESS
WEEK**

Event and
Resource Kit



Eating
Recovery
Center



Pathlight
Mood &
Anxiety
Center

CONTENTS

Hosting and Organizing a Say It Brave on Campus Series Event.....3

Watch Party Tip Sheet.....4

Eating Disorders Awareness Activity Ideas.....6

Post-Watch Party Discussion Questions8



Hosting and Organizing a Say It Brave on Campus Series Event

Say It Brave on Campus is a free, stigma-ending storytelling series that tackles the uncertainties and complexities of mental health with real conversations and resources for students and campus professionals. Join us during Suicide Prevention Awareness Month, World Mental Health Day, National Mental Wellness Awareness Month and Eating Disorders Awareness Week to:

- Share and hear lived experiences on loneliness, anxiety, depression and eating disorders
- Learn how to host watch parties, panel discussions and awareness activities at your school using our free Say It Brave event kits
- Gain invaluable resources for yourself, teammates and friends from leading national nonprofit organizations and mental health advocates

Organizing a campus event can be challenging! To make planning and executing your event easier, Say It Brave on Campus has provided this kit with everything needed to host a successful campus event. These resources include:

- 1 Watch Party Tip Sheet**
For student organizations, athletic departments, residence hall advisors and/or counseling and health center staff, this list provides tips for planning an event on campus.
- 2 Post-Watch Party Discussion Questions**
We provide sample discussion questions for post-watch party panel discussions, in addition to answers and resources for the facilitators.
- 3 Eating Disorders Awareness Activity Ideas**
Say It Brave on Campus events correspond with major awareness months, so we've provided ideas and tips for activities that you can host on a day of or throughout the awareness month to reduce the stigma of mental health on campus and encourage connectedness and self-care.
- 4 Resources**
We provide a list of resources so that watch party and event attendees can get more information - virtually or in-person - about the nonprofits involved, seek support from organizations and learn more about the topic discussed.

Watch Party Tip Sheet

There are several components to creating a successful, engaging watch party for the Say It Brave on Campus series. We provide tips on each of the following areas: space, setup, campus support, post-watch party discussion panel and getting the word out.

TIP 1

Begin with identifying a space today, as campus space books up quickly. Look for a space that will provide the following:

- Accommodation for approximately 25-50 people (larger if you anticipate more people).
- A large screen with AV setup and Wi-Fi.
- Seating that allows easy viewing of the screen and conversation after the event (e.g., a lecture hall with room for a panel to set up in front or a ballroom with table rounds).
- If you want to provide refreshments or food, look for a space that accommodates this.

TIP 2

Congratulations, you've identified a space! Now let's consider how to set up that space for the best possible event.

- Identify an area for student and campus organizations to set up resource tables (e.g., Morgan's Message chapters, Active Minds chapters, Counseling Center, LGBTQ+ Resource Center, Multicultural Center, Women's Center, Campus Suicide Prevention Center).
- Select an area for your post-event panel to set up.
- If you're serving refreshments, identify a good space for the food – ideally, after the resource tables to encourage students to walk by the resource tables first.
- Post signs outside the room to assist participants in finding the space and make sure signs are inviting.

TIP 3

While the goal of these events is to raise awareness and destigmatize mental health conditions, it's important to consider that these can be highly sensitive topics. Be sure to enlist campus support personnel to be present to talk with any students who may need additional support and to serve on the post-event panel.

- Identify campus support departments to be represented at your event. We encourage you to enlist counseling center staff, health center staff, residence hall advisors and/or athletic support staff.
- Invite campus support personnel to set up resource tables at the event and serve as panelists at the post-event discussion.
- Include campus support resources in any flyers or materials that you provide to students who attend the watch party.

TIP 4

Say It Brave on Campus events are designed to stimulate discussion, interest and questions. Plan a post-event panel to lead a discussion with students following the presentation. Consider inviting the following individuals to be part of the discussion:

- A campus support staff member to answer sensitive questions and guide the discussion.
- Mental health student organization leaders (e.g., Morgan's Message, Active Minds, The Hidden Opponent) to contribute their perspectives.
- Students, faculty or staff with lived experience to share their insights.

TIP 5

You've planned a great campus event! Use the following tips to get the word out to students:

- Get approval from your campus to post event flyers in public spaces across campus (e.g., dorms, student unions, academic departments, library).
- Share on your websites and social media channels.
- Encourage campus organizations and departments to share on their websites and social media channels.
- Enlist campus departments such as Greek life or residence hall advisors to incentivize attendance by giving students points or some type of credit.
- Ask campus professors/departments to provide extra credit to students who attend (e.g., psychology, sociology, health sciences, counseling).

TIP 6

Get to know the departments and organizations that support mental health and wellness on campus and in your local community. Add them to the resource list.

- Campus Departments:
- Campus Organizations:
- Community Organizations:

Our team is here to help you every step of the way. If you need support or have any questions in regard to Say It Brave on Campus watch parties, please email SayItBrave@ERCPATHLIGHT.COM.

Eating Disorders Awareness Activity Ideas

The following is a list of campus activities that you can host anytime during Eating Disorders Awareness Month to "say it brave" and reduce mental health stigma on campus. Consider joining with campus departments and organizations to host one or multiple activities.



"You Matter" Sticky Note Campaign

Get several stacks of sticky notes and art supplies (you can ask local businesses or campus departments to donate) and ask student organizations to decorate a few packs of sticky notes with messages reminding fellow students that they matter. Encourage people to pass out the sticky notes in classrooms, in front of busy student areas, or to leave them (where allowed) on campus for students to find.



Stress-Free Zone

Create a space with stress-relieving items such as coloring books, stress balls, bubble wrap runways, Play-Doh, Legos, Silly Putty, bubbles, etc.

Ask campus departments to donate items, such as stress balls, to keep the cost low.

- Ask the engineering department to donate Legos to encourage STEM activities.
- Ask the art or life sciences department to donate art supplies.
- Ask local stores to donate items for a stress-free zone on campus in exchange for including their logo on the list of sponsors.



Self-Care Bags

Create a space on campus where students can participate in crafting and DIY workshops to create their own mental health bag by making things like stress balls, relaxation kits, vision boards, handwritten note cards with positive messages, chocolate, cookies, etc.

- Ask campus departments/organizations and community businesses to donate items to keep the cost low.
- Ask campus organizations to throw a party to create items for the event.



Mental Health Resource Fair

Invite all departments and organizations that support mental health and wellness on campus to gather to promote their services.



Mirrorless Monday

Cover all mirrors in your space with positive affirmations.



Dry Erase Messages on a Mirror

Buy a cheap full-length mirror and dry erase markers. Place the mirror somewhere on campus where students gather and invite them to write positive messages/affirmations on the mirror such as "I love my ___" or "I am more than a body. I am ____."



"If You Want a Cookie, Have a Cookie" and "Trash Negative Self-Talk" Events

Ask local bakeries and grocery stores to donate cookies. Set up stations across campus (e.g., student union, campus quad, campus entrance) with a table and signs that say, "If you want a cookie, have a cookie!" Also have sticky notes and a trash can. When you hear negative self-talk (e.g., "I don't need a cookie," "Wow, that looks good, but I shouldn't," "I've already eaten too much," "That will take away from my workout"), ask the student to write down their negative self-talk and throw it in the trash can and have a cookie if they want one.



Spoken Word Event

Organize an event where students can express themselves creatively.



Set Up an Ask-a-Dietitian Station

Ask campus eating disorder-informed dietitians to be on hand to answer students' questions. Many individuals are fearful of talking to a dietitian or don't understand the role of dietitians, so this can be a nice way of introducing students to a helpful campus provider.



Host a Scale Smashing Event

Learn more about hosting a Scale Smash event on your campus and order your own "SmashKIT" from the National Alliance for Eating Disorders



Scan to Learn More

GET ADDITIONAL RESOURCES FOR YOU, YOUR FRIENDS AND FELLOW STUDENTS

For a comprehensive list of mental health awareness resources...

Scan Me!



Post-Watch Party Discussion Questions



To keep the conversation going, ask watch party participants to stay after the presentation for a post-watch party discussion. Invite campus support personnel, student organization leaders and individuals with lived experience to be part of a panel discussion. Use the following questions to guide an informative and engaging conversation.

1 **If someone comes to you and expresses that they are struggling with disordered eating or an eating disorder, how do you take care of yourself while helping them?**

- Be a supportive listener, avoid giving advice and direct them to professionals who can help. If possible, walk with them to the counseling center for support.
- Seek support for yourself from the counseling center, talk to supportive individuals in your life, and educate yourself about eating disorders and community resources.

2 **How have you personally been impacted by body image messages in the media?**

- Guide a supportive conversation and if the conversation gets too intense ask a campus mental health provider to step in.

3 **How can a safe and supportive community play an important role in an individual's eating disorder recovery and/or mental health journey?**

- Guide a conversation about the ways a supportive community can positively impact eating disorder recovery and mental health, referring to points discussed in the Say It Brave on Campus presentation and your own lived experiences.

4 **Which community or campus resources have you found to be the most supportive?**

- Start a conversation about all of the resources available on campus and in the community.
- Use the resource guide as a starter to get the conversation going.

5

Which student organizations on campus raise eating disorders awareness?

- Create a list of student organizations on your campus that challenge stigma and raise eating disorder awareness to share with the students in attendance.
- Ask what is missing and how you can create an organization that addresses what is missing on your campus.

5

What are some strategies to ensure that momentum created by events like this continues, leading to lasting change in how we approach and support mental health?

- Develop a constructive conversation that highlights stress reduction techniques, self-care strategies, etc.

GET ADDITIONAL RESOURCES FOR YOU, YOUR FRIENDS AND FELLOW STUDENTS



Learn more about **weight stigma**



Learn more about **Say It Brave on Campus**



Learn more about **National Alliance for Eating Disorders**



Check out free, **eating disorder support groups**

