

Starting a Body Beyond Beauty Chapter

Thank you for your interest in starting a chapter of Body Beyond Beauty in your school or community! We are youth-led, ANAD (Association of Anorexia Nervosa and Associated Disorders) backed which provides resources and help to spread awareness on eating disorders and recovery.



Body Beyond Beauty is focused on helping athletes and individuals in performance-based spaces and appearance-based sports heal, grow, and recover from comparison, body dysmorphia, and eating disorders through journaling and education.

What Does a BBB Chapter

Entail?

- Provide a welcoming space for reflection
- Collect journals and writing materials to create kits to donate to local dance studios, gymnastics places, ice rinks, cheer teams, swim, wrestling, and snow boarding teams
- Outreach to local professionals, coaches, and athletes in these spaces to partner and organize events

Chapter Application Process:

- High school or college student
 - Fill out [Chapter Form](#)
 - Get in touch with BBB team via email (+ possible interview to get ideas and vision for club/chapter)
 - After approval and being added to Slack chat, you will get Starter Kit
 - Keep in contact via Slack
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Leadership Positions:

- **President**
 - Manages members, oversees chapter operations, and contacts BBB team
- **Outreach VP**
 - Contacts professionals for guest speaker events and dedicated places (dance teams, ice rinks, etc.) to donate kits to

Optional:

- **Social Media**
 - Gain traction and members through online outlet and post consistently on Instagram and/or TikTok
- **Secretary**

Chapter Activities

- Host 1-2 **journaling sessions** per semester
 - Have 2-4 **notebook and writing supplies** collection drive
 - Dedicate at least 4-6 hours per month (1-2 per week) for **planning, meetings, and outreach**
 - Stay in contact with Body Beyond Beauty through Slack
 - Fundraising
 - **Bake sales**
 - **Restaurant fundraiser nights**
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To get started, check out the Body Beyond Beauty website for information

If you have any questions contact
info.bodybeyondbeauty@gmail.com

Follow us: @bodybeyondbeauty on Instagram and TikTok