

Eating Disorders Resource Center





bring you the annual

Be-You-Tiful, Be Free Writing Contest

Who: Students in 6-12th grade

What: Write a poem or an essay that answers one of the themes below

When: Due by March 5, 2021 Use this link to send it in: https://bit.ly/2QICrMP



Themes

1. How does social media influence the way you see yourself?

2. What does the term "self-acceptance" mean to you, and what are some ways you could practice self-acceptance

3. Do you feel you need to look a certain way to be accepted by others?

Requirements: Your entry must include your name, school, and grade level at the top of the page. Please make it a Google Doc that is 1 page max in 12-pt. Times New Roman font. Link to example: https://bit.ly/2ZGbZG1

Prizes

First Place: \$300 Second Place: \$200 Third Place: \$100

Contact Us

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