

FOR IMMEDIATE RELEASE:

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EDRC Announces Winners of 2025's Be-YOU-Tiful Multimedia Contest!
Silicon Valley, CA

Eating Disorders Resource Center (EDRC) is delighted to announce the winners of its 16th annual Be-YOU-Tiful Multimedia Contest! Held annually, the Multimedia Contest gives Bay Area middle and high school students the opportunity to creatively address their perspectives, experiences, and emotions surrounding this year's theme of mental health, identity, self-acceptance, and self-care. The goal of EDRC's Multimedia Contest is to encourage students to challenge harmful body image ideals and empower them to advocate for solutions.

This year, EDRC received a variety of impactful art, essay, and poetry submissions from students attending 16 different Bay Area middle and high schools. All of our winners and their entries will be recognized at our Multimedia Contest reception on May 31st, 2025, at the Los Gatos Therapy Center, 4850 Union Ave, San Jose.

We at EDRC are deeply grateful for our esteemed panel of judges and their ongoing commitment to adolescent mental health awareness. Furthermore, we also extend our thanks to our sponsors: **Sutter Health, Santa Clara County Library District, Brandenburg Family Foundation, and Los Gatos Therapy Center Group.**

Congratulations to our winners, and a warm thank you to all who shared their work!

High School Art

1st Place: Anonymous, *Frankenstein* (Grade 10)
2nd Place: Saira Gupta, [*Shaving Away my Identity*](#) (Grade 11, Henry M. Gunn High School)
3rd Place: Estrella Rivera, [*To Be Seen*](#) (Grade 10, Sequoia High School)

High School Essay

1st Place: Joy Hou, [*What Would I Tell My Past Self About My Mental Health and Self-Care?*](#) (Grade 12, Prospect High School)
2nd Place: Sophie Tran, [*Comparison Is the Thief of Joy*](#) (Grade 9, Valley Christian High School)
3rd Place: Grace Ji, [*Que sera, sera*](#) (Grade 11, Homeschool)

High School Poetry

1st Place: Yuting Kuo, [*there's something I need to tell you*](#) (Grade 10, Homeschool/Ocean Grove Charter School)
2nd Place: Katherine Kelly, [*A Girl with Scars*](#) (Grade 11, Sequoia High School)
3rd Place: Alina Tu, [*To My Past Self*](#) (Grade 12, Milpitas High School)

Outstanding Middle School Essay

Mariska Lykowski, [*Insatiable*](#) (Grade 8, Martin Murphy Middle School)

About the Eating Disorders Resource Center

Based in Campbell, CA, the Eating Disorders Resource Center (EDRC), a 501(c)(3) nonprofit, aims to increase eating disorder awareness and education to the general public, educators, and physicians, promotes effective patient diagnosis, treatment, and recovery through providing necessary resources and support, and advocates for eating disorder insurance coverage and legislative action. You can contact us at 1-408-356-1212, info@edr.csv.org, or www.edr.csv.org.

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