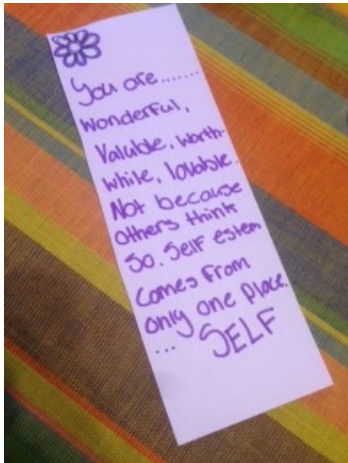


Reily Knott  
YATW Blog #3

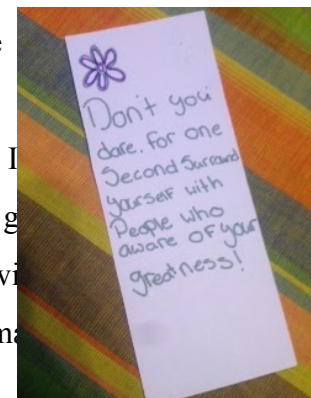
Hi. I'm Reily Knott a student in red stream. Throughout this year we have been working on an ongoing project called You and in the world where we had to choose a topic that mattered to us and try and spread awareness for that topic. My topic was eating disorders which for more information my two other blogs will be linked here. I realized when doing my research there was close to nothing being done to raise awareness of this condition. I mean sure there are therapist and things that are done after people with an eating disorder have gotten worse and worse. Which is not going to help a girl that is in the beginning of this disorder. .

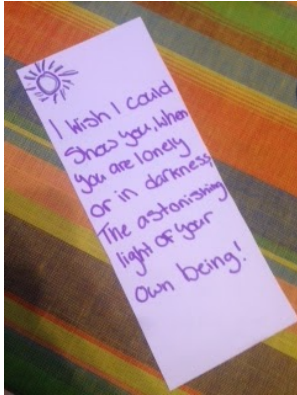


With the little knowledge of eating disorders being real conditions nobody really does anything to prevent the eating disorders from progressing. So i took it upon myself to raise awareness not only with girls suffering from eating disorders but your everyday girl that may be suppressing those same ideas about herself. To give you a little bit more information about how I plan to raise awareness. I created a notecard / bookmarks that have inspirational quotes that serve as a reminder to girls struggling that they are worth something. As talked about in a previous blog post most girls that have eating disorders feel

as though nobody is there to support them, these cards will be there as a source of comfort and encouragement that they are beautiful and there are people that care about their well being; not what size pant they fit into.

Through this part of the project I have not only learned a lot more about girls that hurt inside and that, that Is enough for people go to such extreme lengths not only to feel pretty but to have the approval of others. I now see that having something like a single quote can motivate or help a girl feel beautiful. I learned from giving these out that some girls struggling with eating disorder only need a little reminder here and there and that could make the difference.





In the future i think some things i would do differently is br more proactive overall and make sure that i'm allowing myself all the time necessary. I would try to work with more organizations so that this idea could be recognised on a lot of a larger scale. And maybe take a little more time to make the bookmarks so they would appeal to a wider audience

I would like to thank mrs Dunn for the opportunity to really make a difference and learn something new about not only others but myself.