



Leadership Opportunity

Gain valuable experience while helping your peers with body image concerns
discuss the benefits of a healthier perspective

Who we are:

Lewis & Clark Wellness Services and a group of researchers in Oregon and Texas are collaborating with Body Project trainers located around the United States. Staff have been researching and improving the Body Project for about 15 years, and we are very excited to offer this opportunity for Lewis & Clark students to receive free training to conduct Body Project groups.

About the Peer Body Project:

This study (called the Peer Body Project) is taking place at 60 colleges and universities around the country. We will be training student Peer Educators to lead small groups of undergraduate students in a program called the Body Project. **The Body Project is a group-based prevention program designed to help college students feel better about their bodies and prevent eating disorders.** These groups are open to people of all genders who are impacted by feminine standards of beauty.

What the Body Project is like:

As a Peer Educator, you will recruit and lead small groups of 6-8 undergraduates in discussions designed to help everyone develop healthier views about societal beauty ideals. You will talk about how we unintentionally feed into the myths that give rise to body image concerns and unhealthy eating habits, even when many of these beliefs are unhealthy and unattainable. Body Project groups are designed to be fun and interactive, with role-play activities and opportunities for group members to engage with the material and form meaningful connections with each other.

Many people find the themes discussed during Body Project groups to be very personally relevant and eye-opening. By leading these groups, you will learn more about how our society perpetuates these unhealthy beauty ideals and how we as individuals can act as role models for change.

How you can get involved:

We are recruiting 12 undergraduate Peer Educators to support this project! Peer Educators must be in good academic and disciplinary standing. They must attend a three-day training from 8 a.m. to 1 p.m. on August 26-28, 2019. Peer Educators will be provided with on-campus meals from August 26 until September 1. Peer Educators with a fall housing contract will be provided with on-campus housing from August 25 until September 1. Peer Educators will work in small teams to lead these body image groups. This is a great opportunity to gain valuable experience and support your peers!

For more information and to find an application form, visit our webpage:

go.lclark.edu/peerbodyproject

The application deadline is April 7!

Feel free to reach out to Kari Natwick, Registered Dietitian Nutritionist in the Health Service (knatwick@lclark.edu), with any questions.