



# MULTI-SESSION SKILL BUILDING

For Middle School Students

## Multi-session can help with:

Weight Based Bullying

Effective Communication Skills

Positive Relationship Building

Help Seeking

Resilience and Stress Management

Peer Pressure



Multi-session Group for middle school is a small group offering designed to develop skills in critical thinking, resilience, communication, relationships and help seeking.

The objective is to provide a safe space for youth who identify as female to building a peer culture of support through connection and skill development.

## Why Adolescents?

Social comparisons and over-valuing of media images can lead to restrictive dieting in adolescents.

By equipping adolescents with tools to resist cultural and societal pressures to diet, we can reduce disordered eating.

## Why Small Groups?

Peer based groups promote a sense of belonging and connectedness.

These small groups will build friendship networks that share a common goal to improve body image and self-acceptance.

## Why Female-Identifying Youth?

Disordered eating disproportionately affects those who identify as female due to societal gender roles and objectification. Multi-session takes a holistic, empowering approach to preventing disordered eating by building mental, physical, and relational health and increasing resilience.