

As I wrote and published this column, my intention was to share my own story and raise awareness about body image issues, especially in sports. I did not mean to trigger anyone who is struggling with or has previously struggled with an eating disorder. When deciding to write about my experience, I followed the guidelines provided by the National Eating Disorders Association for responsible media coverage. After receiving concerns regarding the column, I also consulted school psychologist Jenna Starnes to ensure that publishing this column was safe.

I apologize if I did trigger anybody in any way. I know that eating disorders can be very competitive, and details about my own experiences with body image could be harmful to people currently going through similar issues. I want to emphasize that the behaviors I mention in my column are unhealthy and dangerous. If you are struggling with any thoughts and behaviors related to eating disorders, please reach out for help (resources below) and know that recovery is possible.

Eating Disorders Resource Center

<https://edrcsv.org/>

408-356-1212

The Healthy Teen Project

<https://healthyteenproject.com>

Los Altos: 650-941-2300

San Francisco: 415-797-1414

National Eating Disorder Association:

<https://www.nationaleatingdisorders.org/help-support/contact-helpline>

Call 1-800-931-2237

Text "NEDA" to 741-741

Project HEAL

<https://www.theprojectheal.org/>

National Association of Anorexia Nervosa and Associated Disorders (ANAD)

<https://anad.org/>

Call (888)-375-7767

Resources from Care Solace + FUHSD partnership:

FUHSD specialist Jasmine Kroner for Care Solace referral: jasmine_kroner@fuhsd.org or

408-522-2288

Mental Health Resources and Wellness Check-In Form:

<https://docs.google.com/forms/d/e/1FAIpQLSf4rcE9JbgObD3E4Y4KTUckz2QVhmE9twj3CYCwVXu7k2yQoA/viewform>

Thank you to everyone who reached out to me and started positive conversations around body image issues.