



Body Project

NORTH DAKOTA STATE UNIVERSITY

What is a Body Project Peer Leader?

- The Body Project is a dissonance-based body-acceptance program designed to help college-age women resist cultural pressures to conform to the appearance ideal standard of female beauty and reduce their pursuit of unrealistic bodies.
- The Body Project is a student peer leadership program within Health Promotion in NDSU Student Health Service.
- Body Project Peer Leaders are students who serve as leaders and role models to fellow students by encouraging self-acceptance and body positivity.

Responsibilities

- Exhibit a passion for health and well-being with a willingness to serve as a role model for other students.
- Facilitate Body Project workshops and conversations related to body image, combating “negative body talk,” and discuss how culture and society impact the way we feel about our bodies.
- Assist in the design and implementation of program activities, awareness campaigns, presentations, and other campus outreach.
- Effectively refer students to campus resources related to health and wellness needs.
- Work independently and with a team.

Requirements

- Complete the application and interview process.
- Serve as a Body Project Peer Leader for one academic year.
- Dedicate *up to* 5 hours/week to program (includes possible evenings). Most weeks, your time commitment will only be 1-2 hours.
- Time management skills and ability to complete tasks both independently and in a group setting.
- Attend all meetings and training sessions as scheduled.
 - Training Dates: 8/18/21 & 8/19/21

Benefits

- Develop skills in leadership, critical thinking, public speaking and other communication methods.
- Involvement in a dynamic, pro-active peer program.
- Opportunity to gain experience in program design.
- Expand social network and develop positive working relationships.
- Build your resume.

How do I become a Body Project Peer Leader?

Visit the Body Project webpage for more information and application details. For questions or more information, contact Logan Pitts, Health Promotion Graduate Assistant, at logan.pitts@ndsu.edu.

