



WithAll

MANIFESTO

We believe our children deserve full health — including healthy relationships with their bodies and the foods that nourish them.
This is what we all deserve.

We believe in decades of research that has shown what we say to children about their bodies and food matters. A lot.

We believe that by supporting and equipping adults, we empower our children to not only know, but truly believe, they are enough.

We believe in strength in numbers and stand by partners who want health for all. Mental. Physical. All of it.

We believe eating disorders are too common, and terribly misunderstood.
We believe eating disorders can be prevented.

We believe those living with or recovering from an eating disorder are strong beyond measure, and so are their loved ones.

We walk alongside them, so they know they are not alone
— no matter where they are on their journey.

We believe with wherewithal, determination and working together,
a world without eating disorders is possible.

We believe, together, WithAll, we can create this world.

It's time. Let's go.