

The Top 5 Reasons...

*your school should participate in the annual
LOVE YOUR TREE Poster Campaign*



5. The LYT program fits with the government's most recent recommendations encouraging the integration of arts education in schools. Utilizing art to facilitate discussions about health, self-esteem, and media literacy can be a fun yet powerful tool for cultivating body positive students and schools.

4. 30% of Maryland youth report being teased and bullied because of their weight or size. LYT is an opportunity to open school-wide conversations about compassion and acceptance of differences in self and others. These messages are well-suited to support broader school and community goals such as decreasing bullying and increasing school connectedness.

3. Incredible, stunning, inspiring artwork and very proud, empowered student artists.

2. *LYT is an awesome opportunity for student artists to make connections in the greater community and gain experience showing their artwork outside of the school setting. Submitted posters go on display each year in the official Love Your Tree exhibit in Towson, Maryland and in online galleries at LoveYourTree.org.*

1. The harsh reality of middle school, high school and college is such that a lot of time is spent focusing on, criticizing and attempting to change one's body. LYT presents a fun, creative and engaging way to support critical thinking around toxic cultural messages about beauty and self-worth. For many students, this may be the only time they are invited to celebrate their bodies instead of encouraged to critique and alter them.

Visit www.LoveYourTree.org for more information.