

Blog Submission Guidelines

Thank you for your interest in contributing to the NEDIC blog!

Please review the following guidelines prior to submission:

What to include with your submission:

1. Draft of your blog (300-700 words), adhering to the content requirements below. Please proofread for correct spelling and grammar prior to submission.
 - a. Please include a blog title.
2. A photo to be published alongside the blog.
 - a. This photo will be used as the header image of the blog post. Please submit a photo that is royalty free and connected to the perspective or meaning of the submission. Photos of this nature can be found through websites such as www.unsplash.com.
 - b. Please be mindful that images of bodies can be triggering for some readers.
3. An author bio (100 words or less) & headshot to accompany the blog submission.
 - a. You may include social media handles in your bio.
 - b. *If you wish to remain anonymous, an author bio and/or photo are not required.*

Content Guidelines:

At NEDIC we are committed to curating our platforms to share meaningful content with our followers. We invite writers with a variety of perspectives to share their experiences on our blog, with the intention of providing information, hope, support, and a sense of connection and community to our readers. In order to keep our blog page a safe and welcoming space we ask that writers:

- Avoid content that mimics or reinforces unhelpful norms or ideals;
- Refrain from submitting content that marginalizes any body type or group of individuals;
- Screen for potentially triggering content. (Examples include body weights or measurements, as well as specific tools used in a dieting regime, including calorie amounts, over-exercising 'rules', statements about 'good' and 'bad' foods, etc.).

We understand that lived experiences with eating disorders vary greatly. When writing about personal experiences, we recommend that authors speak from first person perspective to avoid making generalizations. For more tips for sharing about lived experience, this article from the National Eating Disorder Association regarding sharing your story publicly offers some guidelines to consider:

<https://www.nationaleatingdisorders.org/community/sharing-your-story-responsibly>

Please Note:

1. NEDIC staff reserve the right to edit submitted content. All edits will be sent for review to the original author prior to posting.
2. A trigger warning may be posted on blog submissions at the discretion of NEDIC staff.
3. Due to the volume of blog submissions, there may be a delay in response. We appreciate your patience!
4. Please note that, while we appreciate and read every blog submission, not every submission will be published.

Thank you again for your submission.

We appreciate your commitment to sharing inspiring work with the NEDIC community!