

Dear ACPELIA,

We are writing to express our gratitude and provide feedback on the impact of the Body Accept project, which was held in Cyprus. As a partner organization, HESSA has experienced significant positive outcomes both for our organization and for the youth workers involved.

Organizational Impact

The Body Accept project has greatly enhanced our mission of promoting positive body image and mental health awareness. The tools and methods introduced during the project have enriched our approach to youth engagement, allowing us to address critical issues related to body positivity more effectively. Collaborating with ACPELIA and other partner organizations has expanded our network and strengthened our capacity to serve the youth community.

YouthWorkers Impact

Based on the feedback from our participants, the Body Accept project has profoundly impacted their lives both personally and professionally.

- **Personal Growth:** The youth workers reported significant improvements in their self-esteem and body image. The project provided them with a safe space to explore and express their feelings, leading to greater self-awareness and acceptance. Participants learned valuable techniques for managing their emotions and building a positive relationship with their bodies.
- **Professional Development:** As youth workers, the participants gained new skills and methodologies to support others in similar journeys. The workshops and activities equipped them with practical tools to foster body positivity and mental well-being in their communities. They have become more confident in facilitating discussions and activities related to body acceptance and self-esteem.
- **Enhanced Connections:** The project facilitated the formation of strong, supportive relationships among participants. The inclusive and respectful environment encouraged open communication and mutual support, which has continued beyond the project's duration. These connections have enriched their professional networks and personal lives.
- **Cultural Exchange:** Participants appreciated the opportunity to learn about different cultures and perspectives on body image and self-esteem. This cultural exchange has broadened their understanding and reinforced the importance of promoting diversity and acceptance.

Summary

The Body Accept project successfully addressed important issues related to body positivity and self-esteem. The participants developed valuable skills and insights that will benefit them throughout their lives. The project provided a safe and supportive environment for

personal growth and fostered a deeper understanding of body acceptance among the youths and youth workers

We are immensely grateful for the opportunity to participate in the Body Accept project. It has been a transformative experience for our youth workers, providing them with tools and experiences that will contribute to their overall well-being. We look forward to future collaborations with ACPELIA and continuing our shared mission of empowering young people.

Thank you once again for coordinating such a valuable project.

Yours sincerely,

Hilitanu Eddy
President of
HESSA Organization

A handwritten signature in blue ink, consisting of a stylized 'H' followed by a series of loops and a long horizontal stroke.