

Mexican girl raises awareness of eating disorders in Malala magazine



María Treviño **was 15 years old** when she learned about **eating disorders**. In 2019, she heard negative comments about her body and weight. By the next year, **she had developed a disorder**.

*“I’ve criticized my body since I was 13 years old. During the pandemic, there was talk on social media about **having a glow up and I put pressure on myself**. I started exercising until I developed an eating disorder,” she said.*

Recovery came with the **support of her family**. To **raise awareness**, the 6th semester PrepaTec Cumbres student shared her story in an **article for Assembly** entitled “*Nobody should feel there is something wrong with their body at the age of 13.*”

Assembly is a **digital publication** and newsletter from **Malala Fund**, an organization founded by activist and Nobel Peace Prize winner **Malala Yousafzai**.

<https://www.instagram.com/p/CYbqn5b14CP/>

*“I wanted to share it and I searched for a place that would make me feel safe. **I found Malala’s magazine.** It was published in January 2022, and I remember thinking ‘Did I do the right thing?’*

*“But then **I received really nice messages** from people and friends who told me that they’d been through the same thing,” she said.*

On April 19 of this year, Treviño’s experience also came to Assembly as a [graphic novel](#). This was created by **Mahina Martinson**, Digital Associate at **Malala Fund**.

*“Having the support of my parents **was extremely valuable.** I didn’t want what had happened to be in vain. I thought that there may be more people who are going through or who have been through the same thing.*

*“There’s always something important to write. **It will connect with someone.** I want my writing to go further, for it to be on intimate topics,” she added.*

“Everyone has a different goal to achieve.”

Inspired by Malala

Ever since she was a child, María was inspired by the Pakistani activist when she read the book “**I Am Malala.**” After telling her story in Assembly, the Nobel laureate **is now her follower** on social media.

*“It was very surreal because I always said, ‘**I want to meet Malala.**’ I’ve read her book like 6 times. Two weeks after my article, I received the notification: **Malala Fund started following you,**” she said.*

What’s more, the student’s story was published on the same networks as **Malala Yousafzai.**

<https://www.instagram.com/p/CYZfuFVLg9o/>

“When I received the most recent email from the newsletter editor, she told me that it was going to be published on social media and I said ‘Great!’. But I thought that meant only on the newsletter’s social media.

*“And then Malala put it up and I was like, ‘**Wow! Malala knows I exist.**’ I took a screenshot of it, and I was so excited. It was very nice,” she said.*

The PrepaTec Cumbres student urged young people **not to compare themselves** with others and to ask for help.

*“Everyone moves at their own pace and has a different path and that does not in any way detract from your value. At the end of the day, **everyone has a different goal to achieve.**”*

“It’s hard to ask for help but it’s the best thing we can do,” she said.

To read María Treviño’s article, click [here](#).

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Malala Yousafzai is an activist and advocate for girls’ rights and education. She gained international recognition for her bravery and perseverance in fighting for the right to education, especially for girls.

In recognition of her efforts, she became the youngest person to receive the **Nobel Peace Prize in 2014**. Malala’s story has made her a symbol of hope for education for millions of people around the world.

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