

Do Now

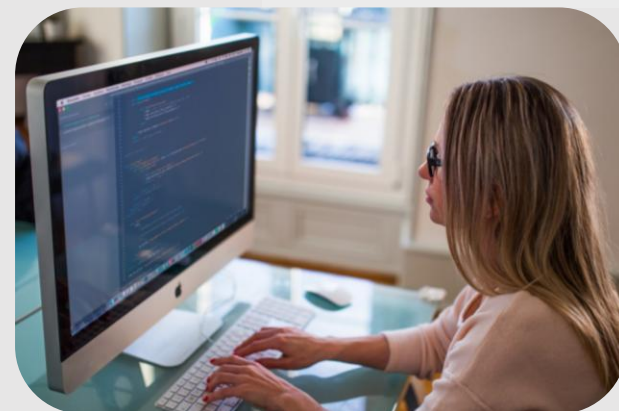
Lesson 5: What do we need to know about eating disorders?



Kelly is beautiful – but she thinks she is too fat. No one else comments on her weight; in fact, people tell her she looks great. But Kelly doesn't think so. Kelly's friends have noticed she has been distancing herself from them. Kelly spends more time in her room, reading forums, than she does hanging out with her friends recently.

Discuss: What do you think Kelly is reading about on the forums? Why?

THIN



Explain briefly what we mean when we talk about 'eating disorders'. Name any that you have heard of.

I think eating disorders are...

and one I've heard of is...

What do we need to know about eating disorders?



Learning outcomes:

Identify the causes of unhealthy coping strategies, such as eating disorders, and the need to seek help for themselves or others as soon as possible.

Describe how to recognise common mental health issues such as eating disorders.



Eating disorder – a any of a range of mental conditions in which there is a persistent disturbance of eating behaviour and impairment of physical or mental health.

How are eating disorders mental illnesses?

<https://www.youtube.com/watch?v=3Bax8ijH038>



What percentage of people will experience an eating disorder?

How is anorexia different to bulimia?

Can you tell if someone has an eating disorder from their weight alone?

Why can't we cure these disorders by saying 'eat differently'?

What is a common shared perception by people with eating disorders?

What causes eating disorders?

When are people particularly vulnerable to developing eating disorders?

Watch the clips and complete your questions in your booklet. We will then go through the answers together so you can fill in any you've missed.

<https://www.youtube.com/watch?v=3Bax8ijH038>

How are eating disorders mental illnesses?



1) What percentage of people will experience an eating disorder?
Ten percent.

2) How is anorexia different to bulimia?
People with anorexia restrict eating, but bulimia is characterised by bingeing and purges.

3) Can you tell if someone has an eating disorder from their weight alone?
No



4) Why can't we cure these disorders by saying 'eat differently'?
Because these are psychiatric illnesses (serious mental illnesses).

5) What is a common shared perception by people with eating disorders?
Many perceived flaws in appearance.

6) What causes eating disorders?
It's complicated, but both genetic and environmental factors.

7) When are people particularly vulnerable to developing eating disorders?
During adolescence.

What do we need to know about eating disorders?



Understanding Eating Disorders

What is an eating disorder?

An eating disorder is a serious mental health condition that affects a person's relationship with food, eating and body image.

Eating disorders can affect people of any age, gender, ethnicity or body size.

Why are teenagers more vulnerable?

Physical and emotional changes during puberty.

Pressure from peers and society about appearance.

Social media comparisons and unrealistic body standards.

Stress, anxiety and low self-esteem.

Family history or genetic factors may increase risk.

Key Message: Eating disorders are not a choice and can have serious physical and mental health consequences.

What do we need to know about eating disorders?



Common Misconceptions

✗ **Myth:** You can tell if someone has an eating disorder by looking at them.

✓ **Fact:** People with eating disorders can be any weight or body shape.

✗ **Myth:** Eating disorders only affect girls.

✓ **Fact:** Eating disorders affect both males and females.

✗ **Myth:** Eating disorders are just about food

✓ **Fact:** They are often linked to anxiety, depression, trauma or low self-esteem.

✗ **Myth:** People can simply choose to stop.

✓ **Fact:** Eating disorders are serious mental health conditions that require support and treatment.

What do we need to know about eating disorders?



Discussion Questions

Why do you think social media can sometimes have a negative impact on body image?

Why is it important not to judge someone's health based on their appearance?

If you were worried about a friend, what could you do to support them while also making sure they get help from an adult?

What do we need to know about eating disorders?



Supporting Someone at Risk

What should you do if you are worried about someone?

- Tell a trusted adult, such as a parent, teacher, Head of Year or school nurse.
- Encourage them to seek professional help.
- Continue to include them in activities and conversations.
- Listen without judging or criticising.
- Remind them that they are valued and supported.

Remember: You are not responsible for fixing the problem alone. Getting help from trusted adults is the most important step.

Need Support? You're Not Alone

If anything in today's lesson has affected you, or you want to talk to someone, there is help available.



Mental Health & Low Mood

YoungMinds – <https://www.youngminds.org.uk>
Kooth – <https://www.kooth.com>
Mind – <https://www.mind.org.uk>

Talk to Someone

Your Tutor or Head of Year – We're here to help.
Wellbeing Team and School Nurse
Report a Concern on Satchel
Safeguarding Team with the Purple lanyards

Healthy Lifestyle

NHS Every Mind Matters – <https://www.nhs.uk/every-mind-matters>
Change4Life – <https://www.nhs.uk/change4life>

Apps That Can Help

Calm – For mindfulness and sleep.
Headspace – Meditation and stress relief.
Clear Fear – Manage anxiety (designed for young people).
MeeTwo – Anonymously talk to other teens, moderated by experts.

Eating Concerns

Beat Eating Disorders –
<https://www.beateatingdisorders.org.uk>
NHS Live Well – Eating Disorders –
<https://www.nhs.uk/mental-health/conditions/eating-disorders/>