

How to Use This Document

The lessons and materials in this prevention unit are designed to be used together and in order.

Lessons: Each lesson contains ice breakers, a video explaining each health topic, a review for students to strengthen their understanding, and a slide for parents.

Materials: The materials provided in each lesson are designed to reinforce the main idea of each topic. These materials can be used in a whole class setting, in small groups, or individually.

Parent Post: Each lesson has a Parent Post created to keep grown-ups at home involved in what their student is learning! The posts include key topics and vocabulary that was used.

Connecticut State Standards

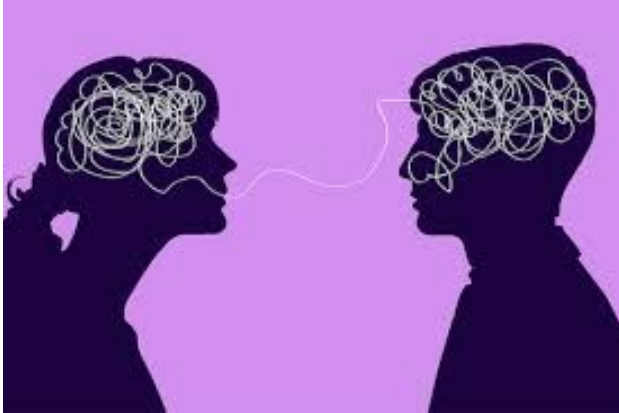
Standards: Healthy & Balanced Living Curriculum Framework

Health Education & Physical Education

- HEPA 1.3.8 Describe how to make healthy food choices when given options.
- HEPA 1.5.8 Describe the relationship and impact of what we eat and our physical activity levels to maintaining a healthy weight.
- HEPA 1.6.8 Explain the importance of a healthy relationship with food (i.e., intuitive eating, moderation, food as fuel).
- HEPA 1.7.8 Differentiate between healthy eating and disordered eating.
- HEPA 1.10.8 Explain the relationship between access to healthy foods and personal food choices.

What Are Eating Disorders?

Would You Rather



OR



Be able to read minds

**Be able to move objects
with your mind**

Would You Rather



OR



Live in a treehouse

Live in an igloo

What do we know about eating disorders?

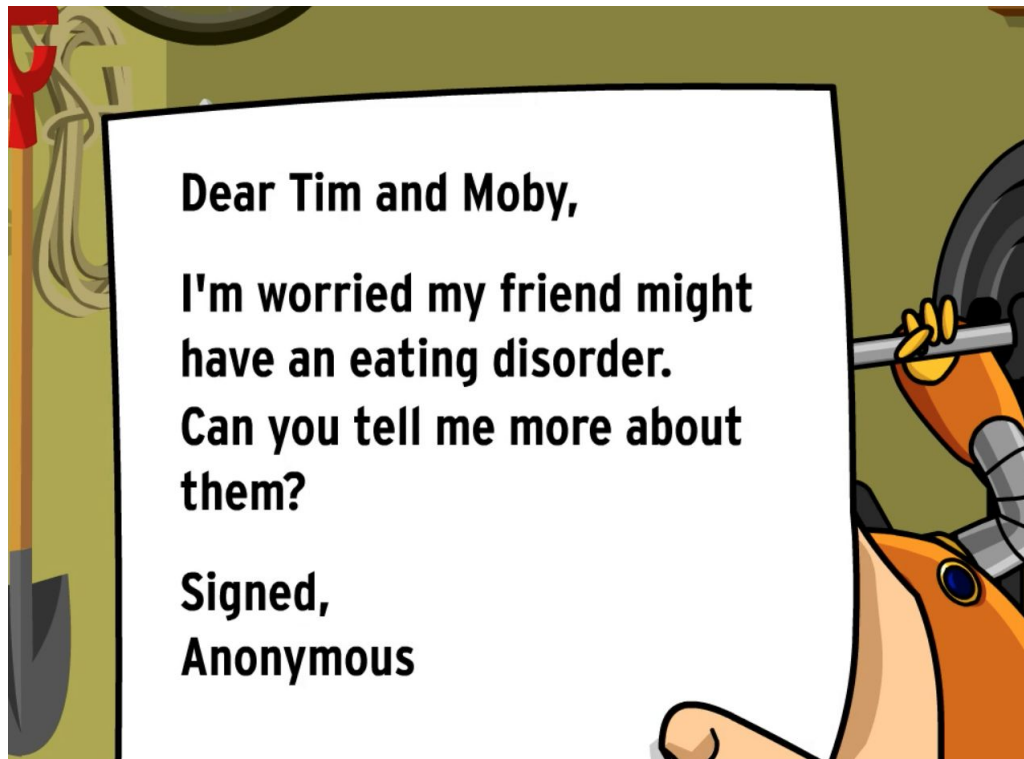
What are eating disorders? Do you know of any types or examples of eating disorder behavior?

What are negative consequences of commenting on people's body types or what they are eating?

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Eating Disorders are ...



Dear Tim and Moby,

**I'm worried my friend might
have an eating disorder.**

**Can you tell me more about
them?**

**Signed,
Anonymous**

Eating Disorders are ...

Eating Disorders

What Are Eating Disorders?

Eating disorders are problems that affect a person's eating behaviors as well as their attitudes and feelings about food — and about their body.

Eating disorders affect a person's mental health and can cause serious harm to a person's physical health.

There are several types of eating disorders.

What Are the Different Types of Eating Disorders?

Common types of eating disorders are anorexia, bulimia, binge eating, and avoidant/restrictive food intake disorder (ARFID).

What Are Eating Disorders?

Eating disorder is an unhealthy obsession with food, body image, or body weight. Eating disorders are serious illnesses, not choices or phases. They affect how someone thinks, feels, and eats



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What Are Eating Disorders?

Anyone can struggle- all genders, body sizes and backgrounds. You cannot tell if someone has an eating disorder just by how they look!



Common Types of Eating Disorders

Anorexia Nervosa	Bulimia Nervosa	Binge Eating Disorder (BED)
A serious illness where a person is very afraid of gaining weight and may eat too little, even when their body needs more food to stay healthy.	A serious illness where a person may eat large amounts of food and then try to get rid of it in unhealthy ways, called purging, because they feel upset or ashamed afterwards.	A serious illness where a person eats large amounts of food in a short amount of time and feels out of control, guilty, or upset afterward, without trying to purge the food.

Warning Signs

It is hard to tell only my symptoms if someone has an eating disorder. Look at people's changes

For example, some changes might be:

- Skipping meals or avoiding eating with others
- Talking a lot about weight, food rules or food "being good or bad"
- Feeling guilty or shame after eating
- Mood changes: irritability, anxiety or withdrawal
- Excessive exercise or fear of rest



Causes & Triggers

It is never someone's fault they have an eating disorder. It is never just one factor that contributes to an eating disorder, some causes and triggers may be:

- Pressure from social media and social media
- Stress, anxiety, or wanting control
- Bullying or teasing about body or food
- Genetics and brain chemistry

Social Media

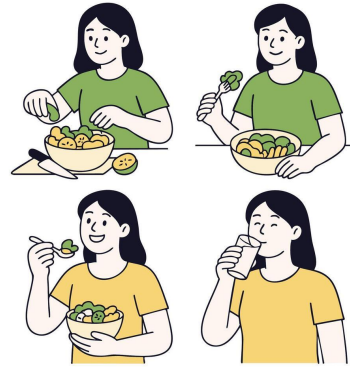
Social media does not establish realistic expectations!

- Images online are often edited or filtered!
- Trends about “clean eating” or dieting, or body comparison can be harmful!
- Algorithms may push unhealthy content without warning!



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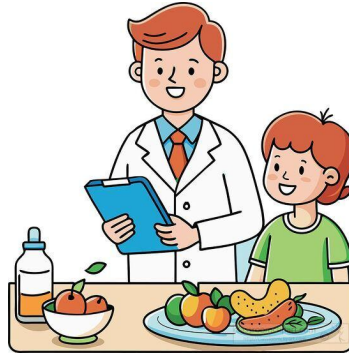




Getting Help

You will not get in trouble for speaking up!
Getting help early makes recovery easier.

- Be kind with each other- do not comment on anyone's weight or eating habits!
- Talk to a trusted adult, like a parent, teacher, counselor, nurse or coach!



Let's Review!

**What are eating disorders?
What are the different types of
eating disorders?**

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-
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**What can you do if you notice
behavioral changes around
food or exercising?**

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Parents!

- Eating disorders are **serious mental health conditions**, not phases or choices, and they can affect children of all body types and genders.
- Middle school is a **high-risk time** due to puberty, stress, social pressure, and social media influences.
- Warning signs include **skipping meals, sudden food rules, frequent body talk, mood changes, secrecy or guilt around eating.**
- If you are concerned, talk calmly with your child and **seek help early** from a pediatrician, school counselor, or mental health professional.
- Early support greatly improves recovery and **family involvement matters!**