

Parent Prevention Post!

Prevention Curriculum

Today in class students learned about eating disorders. Here are some topics we discussed!

- Eating disorders are **serious mental health illnesses** that affect how a person thinks, feels, and acts around food and their body.
- Why this matters:
 - Eating disorders can affect children of **all body sizes, genders, and backgrounds**, and often begin during the middle school years.
- During middle school:
 - Puberty brings rapid body changes and increased self-consciousness.
 - Academic stresses and social pressures increase.
 - Social media can promote unrealistic body ideals and unhealthy food messages.
- Warning signs to watch for:
Look for **patterns or changes**, not just one behavior!
 - Skipping meals, avoiding family meals, or creating strict food rules.
 - Frequently talk about weight, dieting or “good or bad” foods.
 - Mood changes, like anxiety, irritability or withdrawal.
- What to do at home:
 - Avoid commenting on weight, dieting or appearance- your or your child’s.
 - Model **balanced eating** and **positive body talk**.

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- Talk openly about **social media** and **unrealistic images**.
- Focus on **health, strength** and **well-being**!
- **Create a plan!**
 - If you're concerned, talk with your child and **seek support early!** Start with your child's pediatrician, school counselor or mental health professional.
 - **Early intervention** greatly improves recovery!
 - Eating disorders are **treatable**, and recovery is possible!