



[KidsHealth.org/classroom](http://KidsHealth.org/classroom)

## Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

## Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use decision-making skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

National Health Education Standards:  
<http://www.cdc.gov/healthyschools/sher/standards/index.htm>

These activities will help your students understand the psychological and physical aspects of eating disorders, as well as the roles that friends, family, school, and the media may play.

## Related KidsHealth Links

### Articles for Teens:

#### Eating Disorders

[TeensHealth.org/en/teens/eat-disorder.html](http://TeensHealth.org/en/teens/eat-disorder.html)

#### Binge Eating Disorder

[TeensHealth.org/en/teens/binge-eating.html](http://TeensHealth.org/en/teens/binge-eating.html)

#### Emotional Eating

[TeensHealth.org/en/teens/emotional-eating.html](http://TeensHealth.org/en/teens/emotional-eating.html)

#### Compulsive Exercise

[TeensHealth.org/en/teens/compulsive-exercise.html](http://TeensHealth.org/en/teens/compulsive-exercise.html)

#### Female Athlete Triad

[TeensHealth.org/en/teens/triad.html](http://TeensHealth.org/en/teens/triad.html)

#### I Think My Friend May Have an Eating Disorder. What Should I Do?

[TeensHealth.org/en/teens/friend-eating-disorder.html](http://TeensHealth.org/en/teens/friend-eating-disorder.html)

#### Body Image and Self-Esteem

[TeensHealth.org/en/teens/body-image.html](http://TeensHealth.org/en/teens/body-image.html)

#### A Guy's Guide to Body Image

[TeensHealth.org/en/teens/male-bodyimage.html](http://TeensHealth.org/en/teens/male-bodyimage.html)

## Resources for Teachers:

#### Anorexia Special Needs Factsheet

[KidsHealth.org/en/parents/anorexia-factsheet.html](http://KidsHealth.org/en/parents/anorexia-factsheet.html)

#### Bulimia Special Needs Factsheet

[KidsHealth.org/en/parents/bulimia-factsheet.html](http://KidsHealth.org/en/parents/bulimia-factsheet.html)

#### Binge Eating Disorder Special Needs Factsheet

[KidsHealth.org/en/parents/binge-factsheet.html](http://KidsHealth.org/en/parents/binge-factsheet.html)

## Discussion Questions

*Note: The following questions are written in language appropriate for sharing with your students.*

1. Why do some people develop eating disorders? How do people with eating disorders feel about their bodies? Does the person they see in the mirror always match reality?
2. What are some signs that a person may have anorexia or bulimia? What else might you notice if a person has an eating disorder that involves exercise or sports?
3. What effects do eating disorders have on the body? How might an eating disorder affect a person's family and social life? How could it affect school?



## Activities for Students

*Note: The following activities are written in language appropriate for sharing with your students.*

### A Healthy Dose of Reality

#### Objectives:

Students will:

- Learn how media can influence body image, self-esteem, and eating disorders
- Evaluate media images for positive and negative effects on body image and self-esteem
- Explore the value of dedicating large amounts of time and energy to personal appearance

#### Materials:

- Computer with Internet access and printer, or magazines
- Scissors, glue sticks, poster boards; or graphic arts software

#### Class Time:

60 minutes

#### Activity:

Advertising and other media images are all around us. Companies spend a lot of time and money creating these images to sell us their goods and services, but sometimes they also promote negative ideas about what's healthy or attractive.

Now it's time to turn the tables.

We're each going to create a poster or infographic called "A Healthy Dose of Reality." You don't have to be a gifted artist to do this, but you do have to do some research. After reading the TeensHealth.org articles, search the Internet or magazines for images that you think promote unhealthy eating habits or a starved or unhealthy appearances. Next, find images that represent the opposite: good nutrition and healthy bodies. Then use these images to start a poster or infographic. You can add your own drawings, and text to explain your message.

#### Extensions:

1. Here's the flipside: Just because someone is thin - or even very thin - doesn't mean that he or she has an eating disorder. But a quick glance at celebrity tabloids will show you that people like to speculate about whether those around them have eating disorders or are "dangerously thin." Rumors like this can be hurtful, especially in high school. Now that you have experience with a poster campaign, come up with a slogan for a second campaign that encourages people to avoid rumors and speculation about other people's weights.
2. History is full of people who didn't obsess over their looks because they were too busy getting things done and making positive changes in the world. Pick a great person in history, and imagine that an interviewer asks, "What do you think about people's obsession with how they look?" Write the person's response.



## Helping a Friend

### Objectives:

Students will:

- Learn the physical effects of eating disorders
- Discuss help available to people with eating disorders
- Explore the roles of friends, family, teachers, and coaches in identifying and addressing eating disorders

### Materials:

- Pen or pencil and "Helping a Friend" handout, or computer word processing program and printer

### Class Time:

45 minutes

### Activity:

Here are two people with eating disorders. Write a paragraph for each that describes possible signs of the disorder that other people might notice. Next, write a paragraph about the health consequences that each person may have.

- **Sophia** is 15. At 5'5" tall and 115 pounds, she looks in the mirror and sees a fat person. At dinner, she tells her parents, "I'm not hungry - I'll eat later." But Sophia doesn't eat later because she has begun to starve herself in secret. For the past week, she's been eating about 400 calories a day.
- **Daryl** is 16. He's a wrestler - the best in his weight class. But if he gains 5 pounds, he'll get bumped up a weight class and have to wrestle larger guys and possibly lose. Daryl exercises obsessively. He also takes laxatives to lose weight, and he has thrown up a few times after friends dragged him out for fast food. Daryl even stops drinking water a day before he gets weighed for a match.

Pretend that these two students are your friends. How would you go about helping them? What advice would you give them?

## Reproducible Materials

### Handout: Helping a Friend

[KidsHealth.org/classroom/9to12/problems/conditions/eating\\_disorders\\_handout1.pdf](http://KidsHealth.org/classroom/9to12/problems/conditions/eating_disorders_handout1.pdf)

### Quiz: Eating Disorders

[KidsHealth.org/classroom/9to12/problems/conditions/eating\\_disorders\\_quiz.pdf](http://KidsHealth.org/classroom/9to12/problems/conditions/eating_disorders_quiz.pdf)

### Answer Key: Eating Disorders

[KidsHealth.org/classroom/9to12/problems/conditions/eating\\_disorders\\_quiz\\_answers.pdf](http://KidsHealth.org/classroom/9to12/problems/conditions/eating_disorders_quiz_answers.pdf)



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Helping a Friend

Sophia is 15. At 5'5" tall and 115 pounds, she looks in the mirror and sees a fat person. At dinner, she tells her parents, "I'm not hungry - I'll eat later." But Sophia doesn't eat later because she has begun to starve herself in secret. For the past week, she's been eating about 400 calories a day.

**Possible signs of Sophia's eating disorder that other people might notice:**

**Health consequences Sophia might face:**

**How I might be able to help Sophia:**

Daryl is 16. He's a wrestler - the best in his weight class. But if he gains 5 pounds, he'll get bumped up a weight class and have to wrestle larger guys and possibly lose. Justin exercises obsessively. He also takes laxatives to lose weight, and he has thrown up a few times after friends dragged him out for fast food. Justin even stops drinking water a day before he gets weighed for a match.

**Possible signs of Daryl's eating disorder that other people might notice:**

**Health consequences Daryl might face:**

**How I might be able to help Daryl:**



**Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

## Quiz

Instructions: Answer each question.

1. People with binge-eating disorder:
  - a. Focus on eating only healthy foods.
  - b. Don't try to compensate by purging food.
  - c. Schedule times to overeat.
2. People with anorexia:
  - a. have an intense fear of being fat
  - b. feel better when they've reached their goal weight
  - c. eat huge amounts of food, but don't gain weight
3. People with bulimia:
  - a. don't participate in sports
  - b. quickly begin to look very different
  - c. may use laxatives or diuretics to lose weight
4. True or false: People with eating disorders often hide their extreme eating behaviors from others.
5. True or false: Eating disorders are common among teens.
6. True or false: Self-esteem is not something a person can improve.
7. True or false: There are lots of ways to help a friend who has an eating disorder.
8. True or false: You can tell by looking at a person if he or she has an eating disorder.
9. True or false: People with eating disorders can become withdrawn and less social.
10. True or false: Eating disorders are treated with medication because they're purely physical problems.



## Quiz Answer Key

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