



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 use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

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

These activities will help students understand the connections among body image, self-esteem, and eating disorders.

Related KidsHealth Links

Articles for Kids:

Kids and Eating Disorders

KidsHealth.org/en/kids/eatdisorder.html

What's the Right Weight for Me?

KidsHealth.org/en/kids/fat-thin.html

Is Dieting OK for Kids?

KidsHealth.org/en/kids/diet.html

The Story on Self-Esteem

KidsHealth.org/en/kids/self-esteem.html

How Can I Feel Better About My Body?

KidsHealth.org/en/kids/feel-better-about-body.html

Articles for Teens:

Eating Disorders

TeensHealth.org/en/teens/eat-disorder.html

Binge Eating Disorder

TeensHealth.org/en/teens/binge-eating.html

Emotional Eating

TeensHealth.org/en/teens/emotional-eating.html

Body Image and Self-Esteem

TeensHealth.org/en/teens/body-image.html

Resources for Teachers:

Anorexia Special Needs Factsheet

KidsHealth.org/en/parents/anorexia-factsheet.html

Bulimia Special Needs Factsheet

KidsHealth.org/en/parents/bulimia-factsheet.html

Binge Eating Disorder Special Needs Factsheet

KidsHealth.org/en/parents/binge-factsheet.html

Discussion Questions

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

1. Do you think there is an "ideal" body type? If you think an ideal exists, describe what it is. Where do you think this ideal comes from? How does it affect you?
2. Eating disorders aren't contagious, but feelings about food and your body might be influenced by a friend with an eating disorder. Discuss why this is possible and what you can do about it.



Activities for Students

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

Raising Awareness Over the PA

Objectives:

Students will:

- Learn about two main types of eating disorders, anorexia and bulimia
- Discover the warning signs of an eating disorder
- Explore the physical and emotional consequences of having an eating disorder

Materials:

- Computer with Internet access, audio recording device
- Pen or pencil and paper, or computer word processing program

Class Time:

45 minutes

Activity:

To raise awareness about eating disorders at our school, we're going to create a series of audio clips, suitable to be played over the public address system, that cover these topics related to eating disorders:

- Basics about anorexia and bulimia
- Causes, warning signs, and health consequences
- How to get help

Working in small groups, select one of the topics and then read the KidsHealth.org articles. When you have the facts, work with your group to write a brief script for an audio clip that provides accurate information about eating disorders and appeals to teens.

Extensions:

1. Even though you might have all the facts, it's tough to know what to say when a friend has an eating disorder. Discuss some of the tactics you might use to be supportive during your friend's difficult time. Role-play a conversation with a friend with an eating disorder in which you demonstrate some of these strategies.
2. Discuss the connection between competition and eating disorders. How does an eating disorder influence athletic performance? If you were going to design a radio spot specifically for athletes about eating disorders, what would you say?



Healthy Advertising

Objectives:

Students will:

- Investigate the importance of healthy self-esteem and body image
- Explore the relationship between body image and the media
- Discuss the influence of body image on the development of eating disorders

Materials:

- Computer with Internet access
- "Healthy Advertising" handout
- Pen or pencil and paper, or computer word processing program

Class Time:

30 minutes

Activity:

Your boss at Ideal Advertising has just shown you a new ad campaign for jeans that will soon be appearing in a teen magazine. It shows extremely thin girls and massively pumped-up guys. What's wrong with this picture? With a friend, role-play a debate between you and your boss about the new ad. Before debating, think about why your boss might want to depict an "ideal" body type in the ad campaign. Then read the KidsHealth.org articles for information about body image, self-esteem, and eating disorders to build your case against the ad. After your debate, work together with your boss to outline the components of a replacement advertisement, representing a more realistic view of body types (see the "Healthy Advertising" handout).

Extension:

Sometimes school can seem like a harsh place, where it can feel like everyone is criticizing the slightest imperfections. That can be tough on body image and self-esteem. Brainstorm a list of ways you can promote healthy self-esteem in your school.

Reproducible Materials

Handout: Healthy Advertising

KidsHealth.org/classroom/6to8/problems/emotions/eating_disorders_handout1.pdf

Quiz: Eating Disorders

KidsHealth.org/classroom/6to8/problems/emotions/eating_disorders_quiz.pdf

Quiz Answer Key: Eating Disorders

KidsHealth.org/classroom/6to8/problems/emotions/eating_disorders_quiz_answers.pdf



Name:

Date:

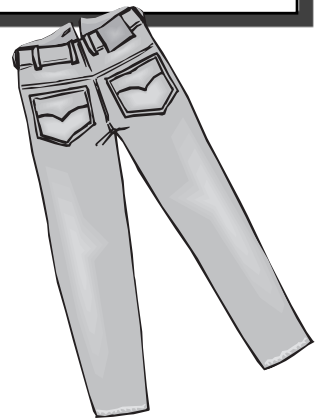
Healthy Advertising

Instructions: Using photos from magazines, the Internet, or your own photos or drawings, design an ad for jeans that includes realistic images and positive messages about body types.

A large, empty rectangular box with a black border, intended for students to design their advertisement for jeans.

Who is the target audience for your ad? Why will your ad appeal to this group?

How might your ad influence a person's thoughts and behaviors about body image and self-esteem?





Name: _____

Date: _____

Quiz

1. True or false: Eating disorders are common among teens.
2. True or false: People with eating disorders can become withdrawn and less social.
3. True or false: Each eating disorder has its own single cause and treatment.
4. True or false: There are lots of ways people who feel bad about themselves or their bodies can improve their self-esteem.
5. True or false: There are lots of ways to help a friend who has an eating disorder.

Extra credit

Identify which eating disorder each person might have:

- Scott is about average weight for his height. He must be in good shape - it seems like he exercises every chance he gets. After lunch, you've seen him eating a whole bag of candy in the bathroom stall. You've also walked into the bathroom to see him making himself throw up after lunch.
Scott may have _____.
- Tamara is 5'7'' and weighs 120 pounds. She thinks she's way, way overweight. She doesn't have breakfast and at lunch she calculates the calories of everything she eats. And she barely eats anything.
Tamara may have _____.



Quiz Answer Key

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Scott may have bulimia.
- Tamara is 5'7'' and weighs 120 pounds. She thinks she's way, way overweight. She doesn't have breakfast and at lunch she calculates the calories of everything she eats. And she barely eats anything.
Tamara may have anorexia.