



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: