

EATING DISORDERS

Junior High

Description

Eating disorders know no barriers. They strike both females and males of all ages, races, religions and economic backgrounds. Although eating disorders are more common in women, as stated above, they do occur in men too. Eating disorders affect people both physically and mentally. Research shows that nearly half of those individuals with eating disorders suffer from at least one other psychiatric disorder. Depression is the most prominent disorder associated with anorexia and bulimia, but substance abuse is also common. Because many anorexics and bulimics deny that they are ill, family and friends play a critical role in recognizing eating disorders problems and getting help immediately. Although not all victims display all symptoms, several danger signals are commonly associated with anorexia and bulimia. It is very difficult to deal/live with a close friend or loved one who suffers from an eating disorder.

Family and Consumer Sciences Classes

- Personal and Family Wellness
- Family Living
- Family Communication

Classroom Activities

- Invite a recovered person with an eating disorder to speak to the class.
- Analyze the media and magazines to look at advertisements and articles that may contribute to why people feel the need to be thin.
- Research and write a fact sheet on eating disorders.

Class Connection of FLA Projects

- STAR Event--Illustrated Talk
- Families First--discuss overcoming challenges families face with individuals with eating disorders and identify support services available.
- Student Body--Peer education program to discuss self esteem and the connection to eating disorders.

Resources

- www.smu.edu/~eating_disorders/
- www.eating-disorders.org.uk
- Families First Handbook

Connection to Minnesota Graduation Standards

- Inquiry--Teen Issues