

Eating Disorders – Who Can Help?

Age Range:

12+, Years 8 +,
KS 3, KS 4

Topics Covered:

Eating Disorders

Time:

20 - 30 minutes

Equipment needed:

N/A

Learning Outcomes:

- Young people have increased empathy for people affected by eating disorders.
- Young people have an increased ability to identify a range of support agencies that can provide support for those seeking help about eating disorders.
- Young people have an increased confidence in seeking support if they are concerned about eating disorders.

An exercise to explore the support networks for those affected by Eating Disorders.

Introduction

This exercise uses creative thinking and reflective learning to look at the support networks for those affected by eating disorders.

Exercise

Eating disorders can affect many young people. This exercise helps the group to explore the different people and places who could offer support to someone affected by an eating disorder.

Read out the following scenario – **“Maz is a 15 year old girl and is suffering from an eating disorder.”**

Explain that Maz has told no-one about her eating disorder and then ask the following questions:

- **Why might Maz have not told anyone?**
- **What might she be worried/concerned about?**

Explain that you are going to look at all the people and places that Maz could go to for help and support (having the group in a circle is usually the best way of doing this). Ask each person to think of the name of someone and what relationship that person has to Maz e.g. Kev, her best mate. Ask the group to take on the role of that person. Explain that all they need to do is talk from the perspective of that person. Reiterate that Maz hasn't told anyone about her eating disorder. Go around the group again and ask each person to say the name of their character, their relationship to Maz and one fact about their relationship e.g. how long they have known each other, what they do together etc.

Let the group know they can go back to being themselves. Spend some time having a discussion on who, from the people we met, they feel Maz would go and talk to about her eating disorder and why. It is also useful to explore any other people or places that Maz could go to for help and support that were not mentioned, including local and national organisations, that Maz could access for advice and support.

Summary

Recap on all the people and places that could offer support to those seeking help or advice about eating disorders, particularly those that Maz could use if she lived in the local area or went to your school or college. Some organisations are listed below:

- www.childline.org.uk
- www.eating-disorders.org.uk