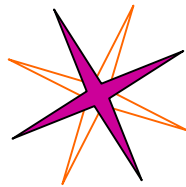
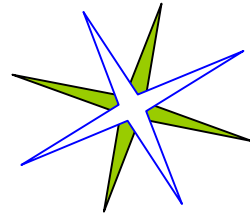
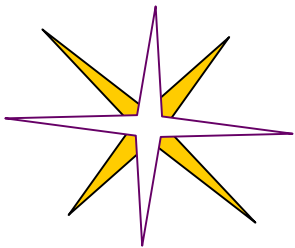
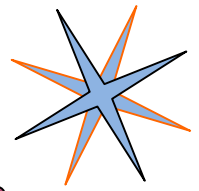


Eating Disorders



NAME: _____

2015/16

Block: _____

Lynch

Bead Box

The teacher will pass the bead box around and pose the following question to students: How satisfied are you with your body? The students will anonymously choose the color of bead that corresponds to their personal belief and place it in the box. At the end of the rotation, the teacher will open the box and display the students' responses. Each student should only put one bead in the box. Below are two different examples.

Key:

- ≈ RED= I am VERY satisfied with the way my body looks
- ≈ GREEN= I am MOSTLY satisfied with the way my body looks
- ≈ YELLOW= I am Somewhat satisfied with the way my body looks
- ≈ PINK= I am NOT satisfied with the way my body looks
- ≈ Orange= I HATE the way my body looks
- ≈ WHITE= Pass

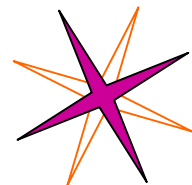
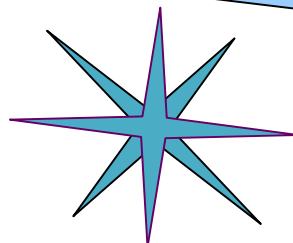
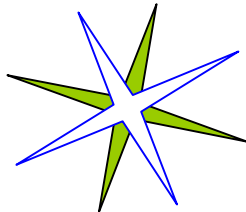
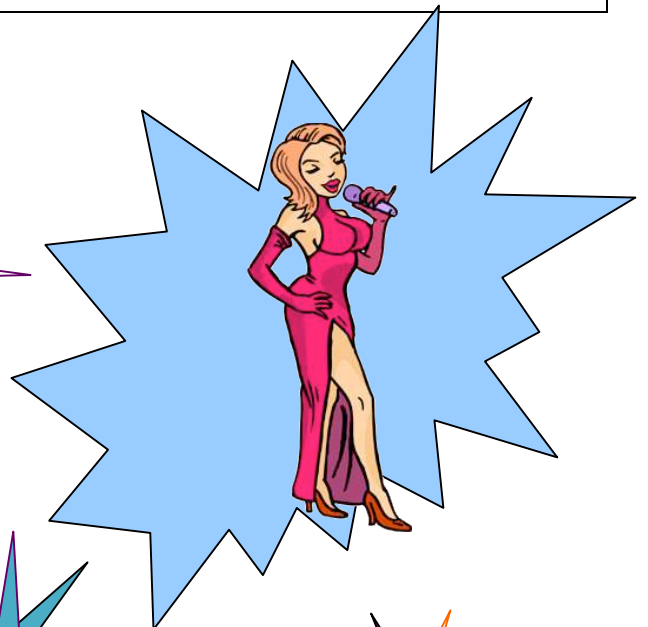
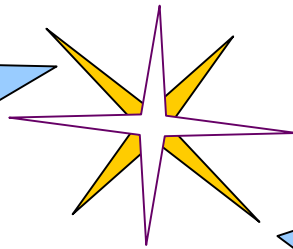
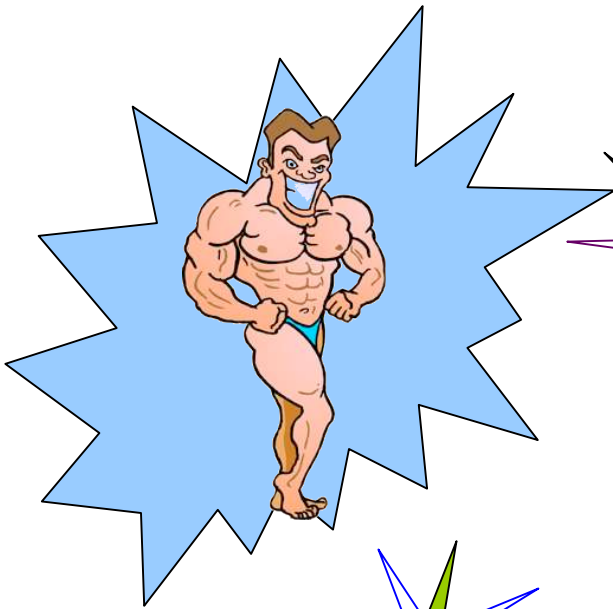
. Key:

- ≈ RED= Sex is only for marriage
- ≈ PINK= Sex is o.k. if you are in love
- ≈ GREEN= Sex is o.k. if you are going steady
- ≈ WHITE= Sex is o.k. under any circumstances
- ≈ Black= Pass

Society's Standard of Beauty

Directions: Please list at least 10 physical attributes for males and females that you believe that fit the "Society's Standard of Beauty".

FEMALES	MALES

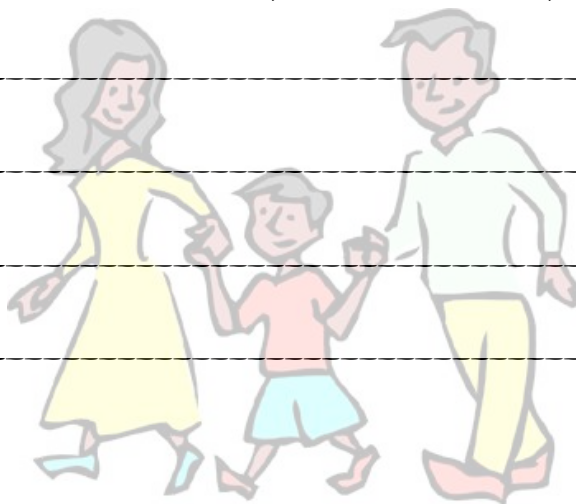


MY FAVORITE PERSON

Your Name: _____

Name your favorite person: _____

Write a sentence that describes why this person is your FAVORITE person.

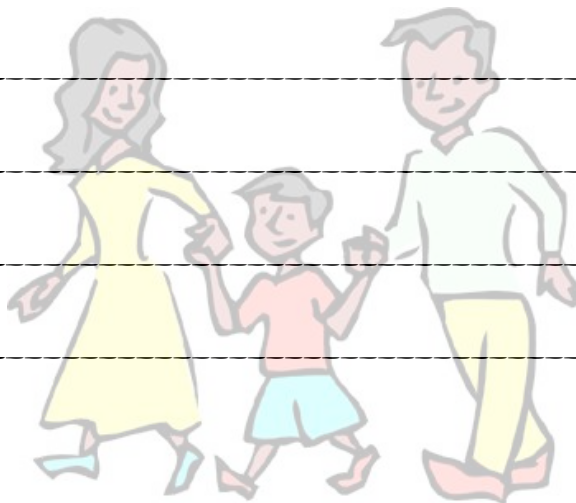


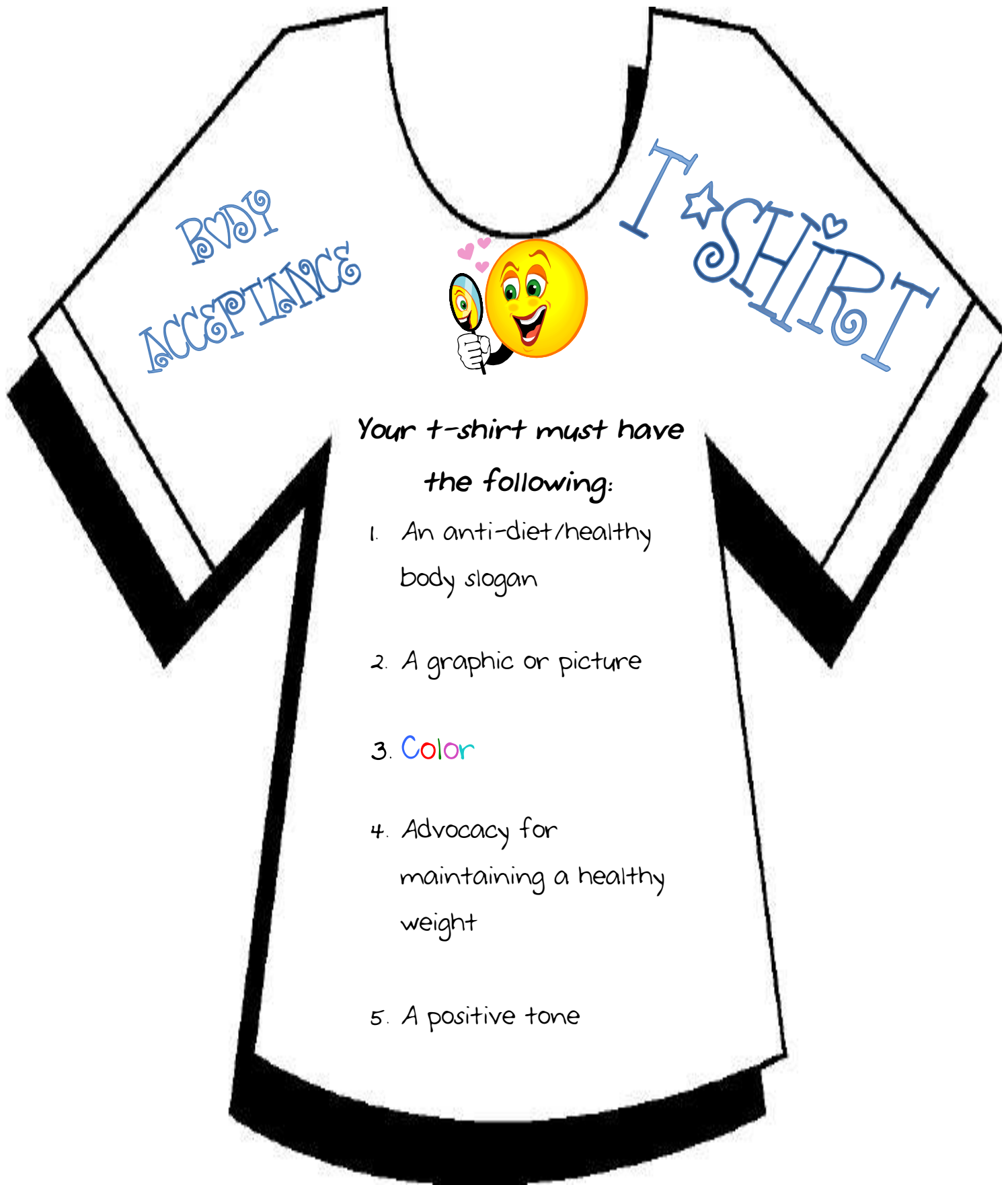
MY FAVORITE PERSON

Your Name: _____

Name your favorite person: _____

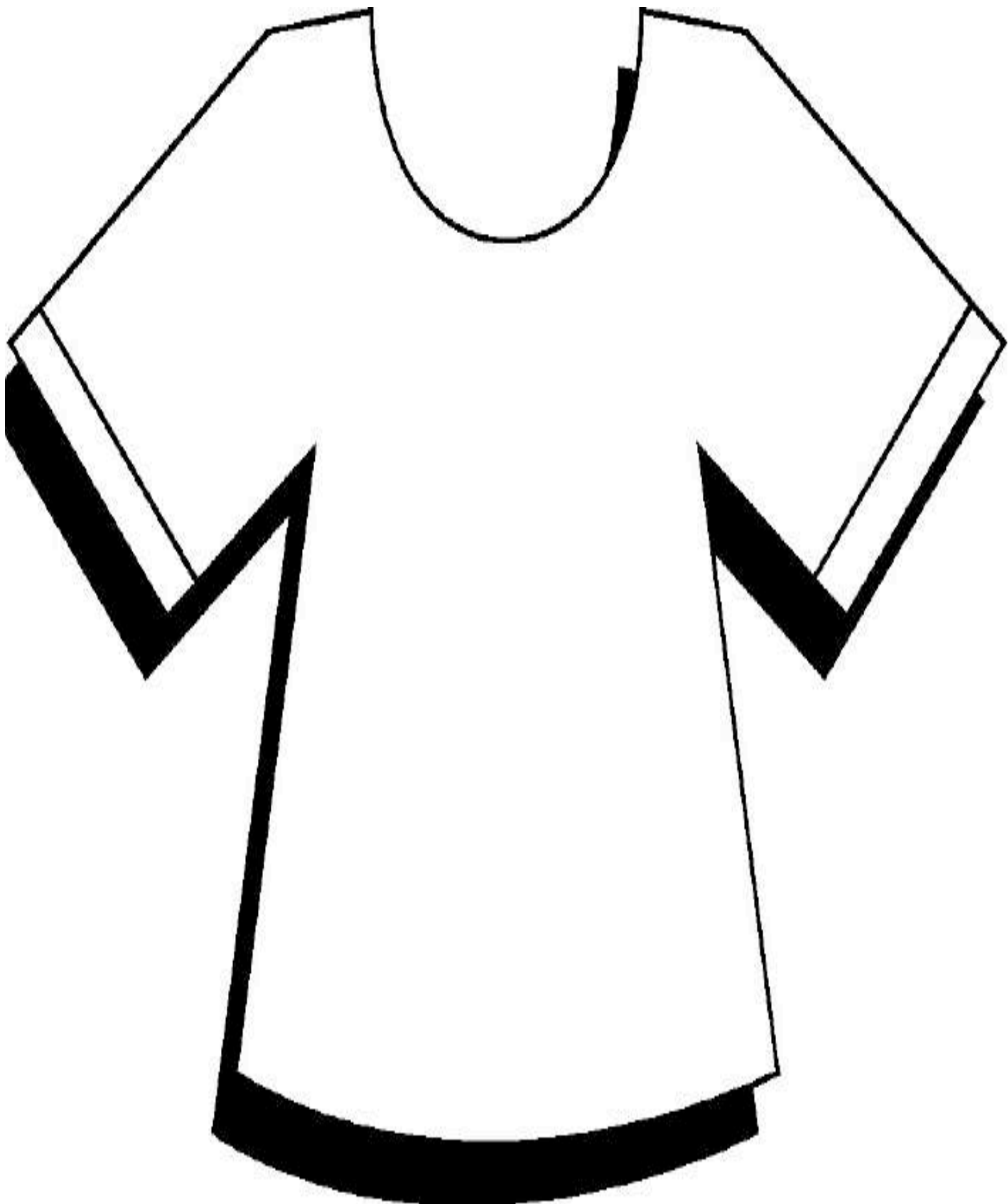
Write a sentence that describes why this person is your FAVORITE person.





*Your t-shirt must have
the following:*

1. An anti-diet/healthy
body slogan
2. A graphic or picture
3. Color
4. Advocacy for
maintaining a healthy
weight
5. A positive tone



Who am I Activity?

Each student will get a yellow paper with lines on it and a space in the middle. Ask the student to glue a picture of themselves in the middle of the sheet. On the lines provided, have them write a story about who they are and what they like about themselves. They may include such things as:

1. Hobbies
2. Favorite class in school
3. Friends that they have
4. Awards they have received
5. Family activities
6. Favorite foods
7. Places that they have traveled



Have the students read their stories out loud and board. Ask the class the following questions:

1. What were some similarities of some of the papers?
2. What were some differences of some of the papers?
3. What would the world be like if we were all the same?
4. What would the world be like if we were all completely different?

After those questions have been answered have the students answer the following questions as a group?

1. What are some basic things that all children need to have to be happy and healthy
2. Why is it so important to be kind to all students, even though they might be different than ourselves?
3. What can you do to make sure all students are accepted?

JUST TRY IT, DON'T DIET

Each student will create an anti-dieting campaign slogan on the computer. You can use Word or Comic life. You must have a catchy slogan and have at least 5 anti-dieting facts on the poster. You will be using your advocacy skills and then I will assess your posters on their slogan. You need to type your name on your poster and print them out in color.

THE NUMBER OF PEOPLE WITH
EATING DISORDERS AND
BORDERLINE CONDITIONS IS
TRIPLE THE NUMBER OF PEOPLE
LIVING WITH AIDS



MORE THAN ONE OUT OF THREE
"NORMAL DIETERS" PROGRESS
TO PATHOLOGICAL DIETING.
ONE FOURTH OF THOSE WILL
SUFFER FROM PARTIAL OR FULL
SYNDROME EATING DISORDERS.

Judge My Ability Not My Waistline

Average American woman wear a size 12 to 14



80% of all American women are on diets and
Americans spend \$300 million per year on diet
product

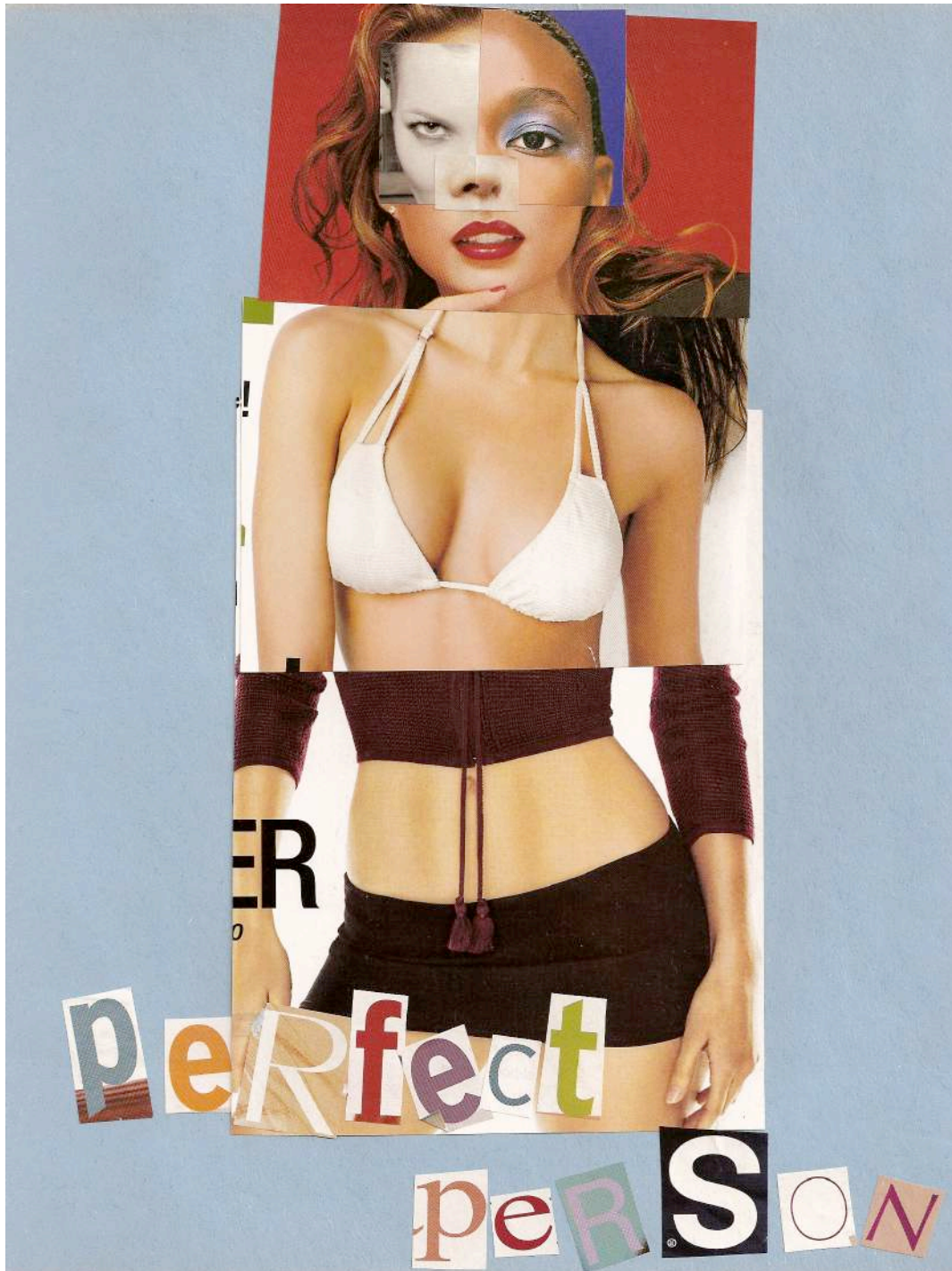
People subjected to semi-starvation
diets become preoccupied with food,
often experiencing dreams involving
food



perfect person project

You will be designing a Franken-perfect person - male or female - of your own.

1. Find at least 7 different pictures and cut and paste them from the computer
2. Place pictures onto a word document and print out in color



Make it Sweet - Get a Treat

INSTRUCTIONS:

- ★ Everyone will receive a doll cutout.
- ★ You will use markers to write **YOUR** name on it and decorate it any way that you would like to
- ★ You must also write **AT LEAST one** thing on the doll that you like about your own appearance
- ★ When you are finished, bring it to the front of the room and tape it to the board,
- ★ Once your cutout is taped on the board you will get a treat!!
- ★ Complete the question at the bottom of this sheet



REFLECTION QUESTION

What do you think that this activity is **MEANT TO ILLUSTRATE ABOUT FOOD AND OUR BODIES? BE SPECIFIC!!**

The Thin Commandments

By Carolyn Costin

1.If you aren't thin you aren't attractive.

2. Being thin is more important than being healthy.

3. You must buy clothes, cut your hair, take laxatives, starve yourself, and do anything to make yourself look thinner.

4. Thou shall not eat without feeling guilty.

5. Thou shall not eat fattening food without punishing oneself afterwards.

6. Thou shall count calories and restrict intake accordingly.

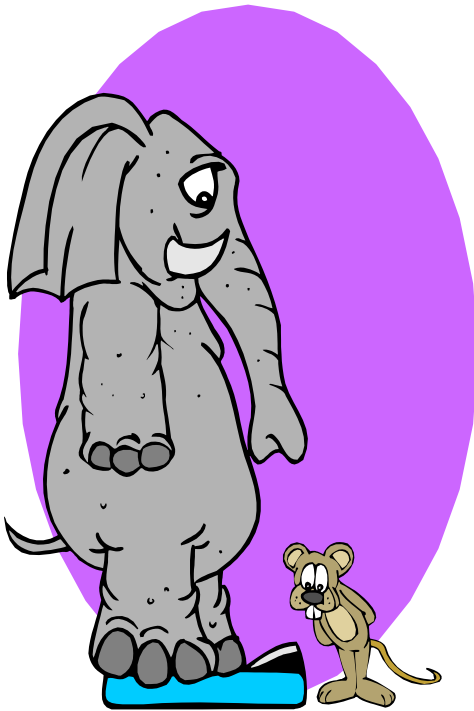
7. What the scale says is the most important thing.

8. Losing weight is good/gaining weight is bad.

9. You can never be too thin.

10. Being thin and not eating are signs of true will power and success.

In your groups, you will develop the "10 Healthy Commandments" by modifying the statements above. Please write your new commandments and a title on the back of this sheet.



STUDENT ASSISTANCE PROGRAM

Sap is a program for students who are having problems in or out of school due to drugs, alcohol, eating issues or mental health concerns.

SAP is CONFIDENTIAL and is not disciplinary.

Real friends help- be a real friend

If you know someone who:

- ☉ Is often sad or angry
- ☉ Is dieting all the time
- ☉ Is negatively affected by drugs and alcohol; THEI



Here is how you can help:

- ☉ Tell a trusted adult to make the SAP referral.
- ☉ Make an anonymous SAP referral yourself in the North or South Counseling Center.
- ☉ Encourage the student to make a self-referral

Frequently Asked Questions:

1. Who finds out? A small group of specially trained and concerned teachers, counselors and administrators.
2. How do I know if my friend gets help? You won't unless he/she tells you...it is confidential
3. How much does this cost? Nothing it's FREE
4. Do their parents find out? Yes, by law, we are required to share only the facts
5. Will my friend know who referred them? No, it stays anonymous.
6. Will my friend get in trouble? No, SAP is here to provide help.
7. Does SAP really help? SAP starts the helping process.

UNREALISTIC EXPECTATIONS

Magazine pictures are electronically edited and airbrushed. Many celebrities are very underweight. How do we know what we should look like? The table below compares an average woman in the U. S. with a Barbie Doll and a department store mannequin.

	Average woman	Barbie	Store mannequin
Height	5' 4"	6' 0"	6' 0"
Weight	145 lbs.	101 lbs	?
Dress size	11 -14	4	6
Bust	36 - 37"	39"	34"
Waist	29 - 31"	19"	23"
Hips	40 - 42"	33"	34"



THE SHAPE WOMEN ARE IN

- If shop mannequins were real women, they would be too thin to bear children.



- Marilyn Monroe wore a size 12.
- If Barbie were a real woman, she'd have to walk on all fours. Because of her unrealistic proportions, she could not balance on her long legs and tiptoes.
 - Also, her narrow body would have room for only half a liver and a few inches of intestines instead of the usual twenty-six feet. The result would be chronic diarrhea and death.
- The average American woman wears a size twelve or fourteen.
- A psychological study in 1995 found that after just three minutes spent looking at models in a fashion magazine, 70% of women reported feeling depressed, guilty, and ashamed of their bodies.

EATING DISORDERS

LYNCH

List some personality traits of the disorder

You and your group will draw a body on the poster. Please use the body to illustrate all of the medical complications that occur to a person with the eating disorder that you were assigned.

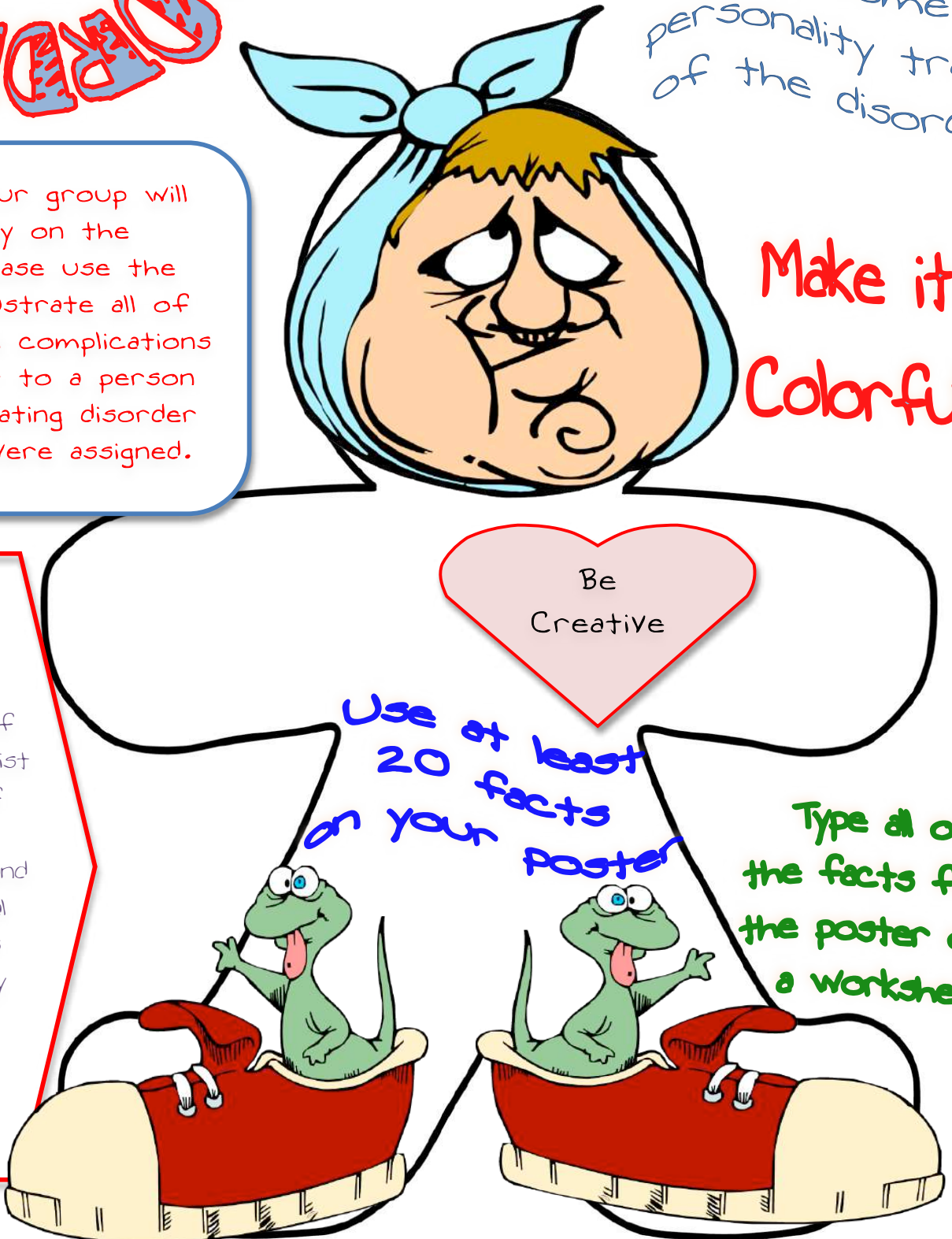
Make it
Colorful

Be
Creative

On the outside of the body, list some of their behaviors and the social problems that they have

Use at least
20 facts
on your
poster

Type all of
the facts from
the poster onto
a worksheet



Name: _____



Draw an Eating Disorder Lynch



List 20 facts about eating disorders that will be on your poster

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____

16. _____

17. _____

18. _____

19. _____

20. _____

Notes:

• _____

• _____

• _____

• _____

• _____

• _____

• _____

• _____

• _____

• _____

• _____

• _____



1. From all of the posters, list 10 physical complications of Anorexia



2. From all of the posters, list 10 physical complications of Bulimia



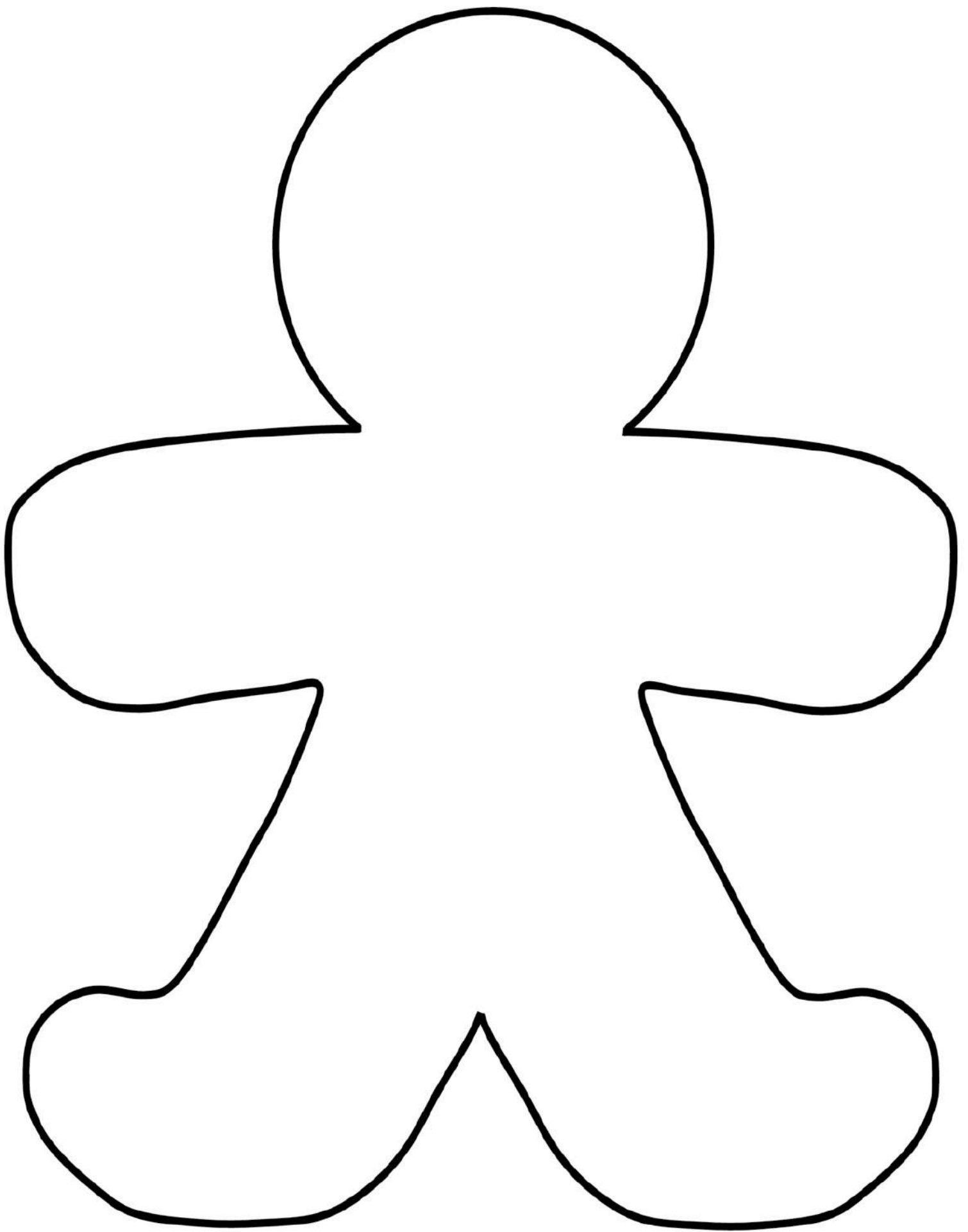
3. From all of the posters, list 10 physical complications of Binge Eating Disorder.

- ★ _____
- ★ _____
- ★ _____
- ★ _____
- ★ _____
- ★ _____
- ★ _____
- ★ _____
- ★ _____
- ★ _____

List 10 different personality traits or facts about the Eating Disorders.

- ★ _____
- ★ _____
- ★ _____
- ★ _____
- ★ _____
- ★ _____
- ★ _____
- ★ _____
- ★ _____
- ★ _____





Rubric

Completed Fact Sheet	10	
Accurate Information on Poster	5	
Colorful and Neat appearance	7	
References cited (at least 3)	3	
TOTAL	25	

Group Members: _____

Completed Fact Sheet	10	
Accurate Information on Poster	5	
Colorful and Neat appearance	7	
References cited (at least 3)	3	
TOTAL	25	

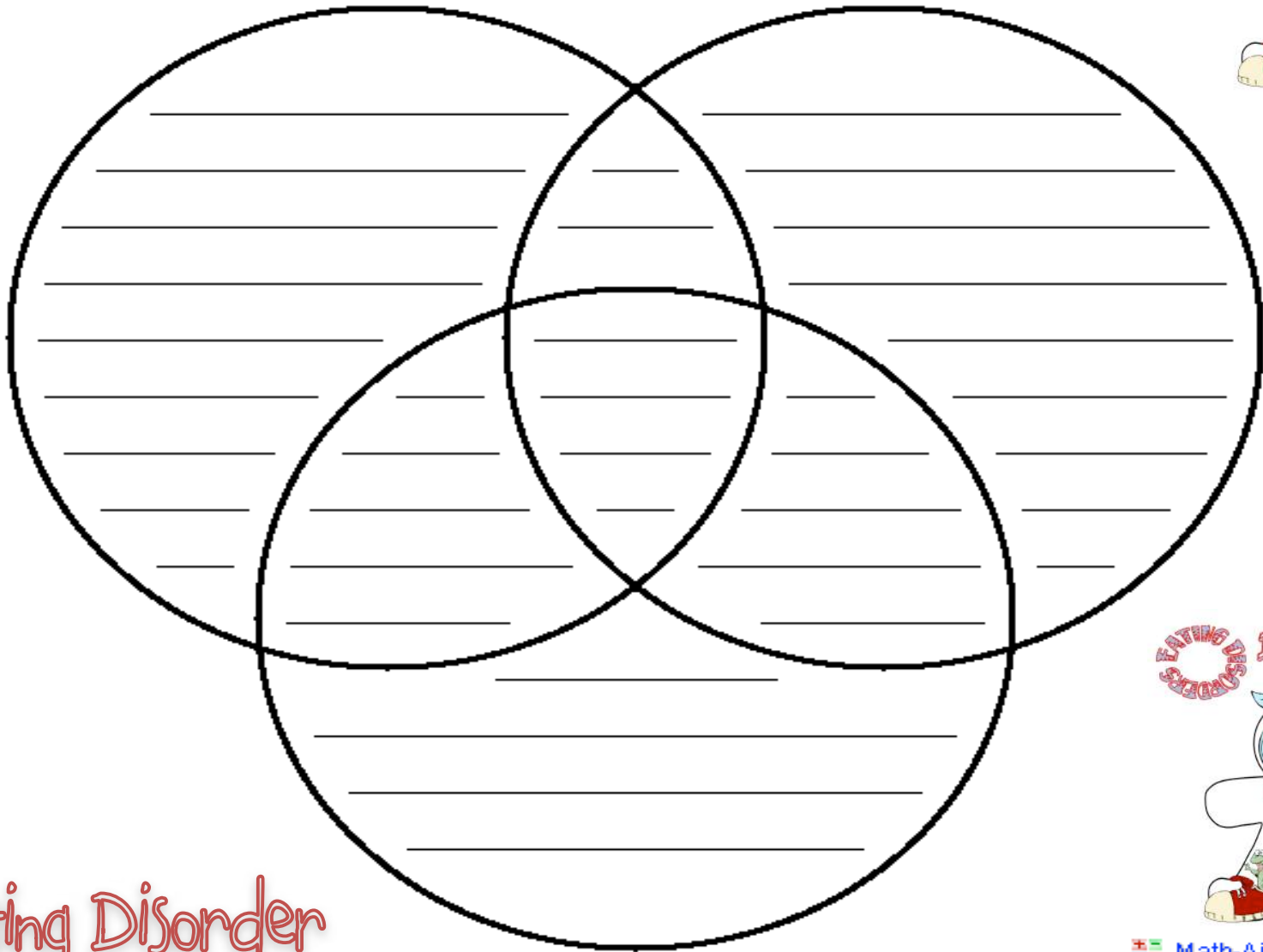
Group Members: _____

Name : _____

Venn Diagram

Anorexia

Bulimia



Binge eating Disorder



10 Ah-Ha's



1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

Give 2 Get 2:

1. _____

2. _____

<https://www.youtube.com/watch?v=ZsNlcr4frs4>

<https://www.youtube.com/watch?v=zIFAoRU1veo>

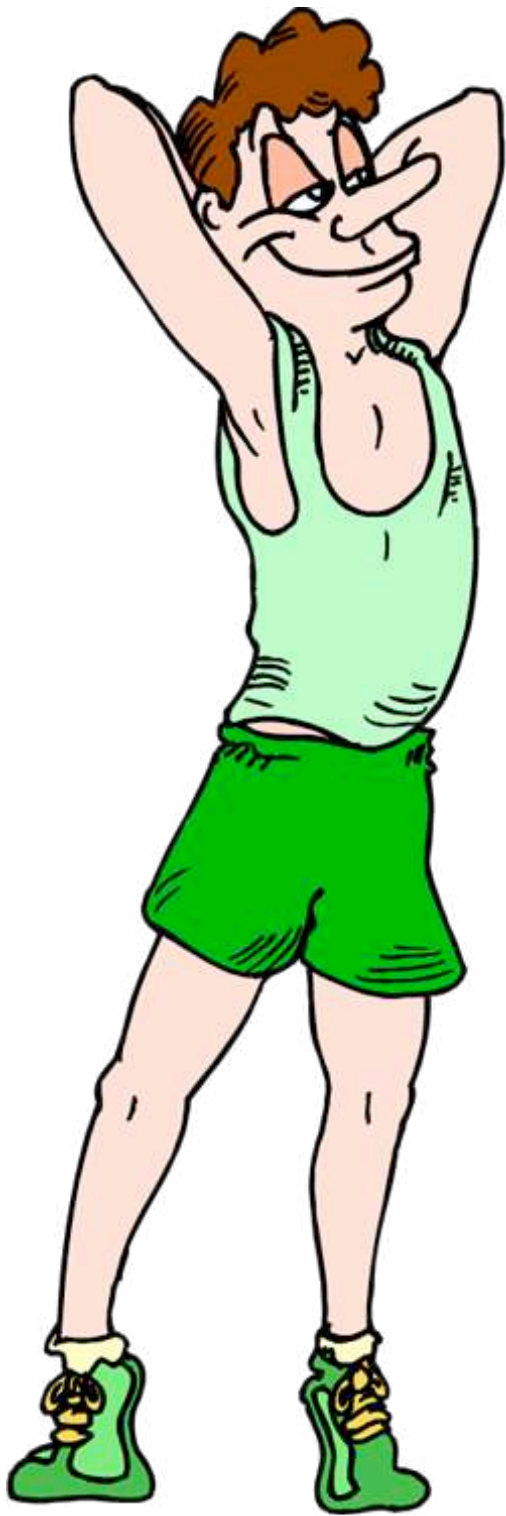
<https://www.youtube.com/watch?v=jTSYBLR4nUU>

<https://www.youtube.com/watch?v=exw64fry6sY>



Mirror Mirror

Lynch



- 1,
- 2,
- 3,
- 4,
- 5,
- 6,
- 7,

Above in the mirror, write 7 statements about your own Inner Beauty - strengths, pride, talents. Do NOT list physical traits.