



# Eating Disorder Awareness

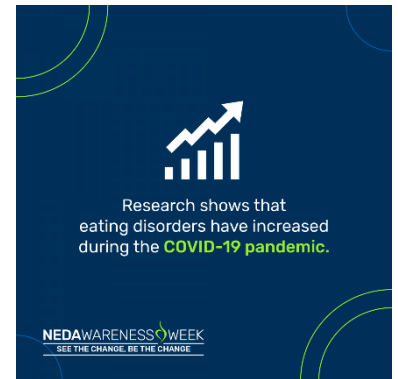
Please note, this is a sensitive topic that impacts many people. If you find that this has caused you any upset or distress, please stop and seek appropriate support or feel free to reach out to the Safeguarding team at [safeguarding@qa.com](mailto:safeguarding@qa.com)



# Eating Disorder Awareness

## What is an eating disorder?

An eating disorder is a mental health condition where you use the control of food to cope with feelings and other situations. Unhealthy eating behaviours may include eating too much or too little or worrying about your weight or body shape. Anyone can get an eating disorder, but teenagers between 13 and 17 are mostly affected. With treatment, most people can recover from an eating disorder. For more information visit: <https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/eating-disorders/overview/>



The most common eating disorders are:

- Anorexia nervosa – trying to control your weight by not eating enough food, exercising too much, or doing both
- Bulimia – losing control over how much you eat and then taking drastic action to not put on weight
- Binge eating disorder (BED) – eating large portions of food until you feel uncomfortably full

## Signs you may see with an individual experiencing an eating disorder:

It can be very difficult to identify that a loved one or friend has developed an eating disorder.

Warning signs to look out for include:

- Dramatic weight loss
- Lying about how much they've eaten, when they've eaten, or their weight
- Eating a lot of food very fast
- Going to the bathroom a lot after eating
- Exercising a lot
- Avoiding eating with others
- Cutting food into small pieces or eating very slowly
- Wearing loose or baggy clothes to hide their weight loss

## Who to contact and how can they help?

It can be difficult to know what to do if you're worried that someone has an eating disorder. They may not realise they have an eating disorder. They may also deny it or be secretive and defensive about their eating or weight.

- Let them know you're worried about them and encourage them to see a GP. You could offer to go along with them.
- Read more about talking to your child about eating disorders and supporting someone with an eating disorder.



The eating disorder charity **Beat** also has information on:

- What to do if you're worried about a friend or family member.
- What to do if you're worried about a pupil.
- What to do if you're worried about an employee.
- Supporting someone with an eating disorder.

Help for England - **Helpline:** 0808 801 0677 - **Email:**  
[help@beateatingdisorders.org.uk](mailto:help@beateatingdisorders.org.uk)

Help for Scotland - **Helpline:** 0808 801 0432 - **Email:**  
[Scotlandhelp@beateatingdisorders.org.uk](mailto:Scotlandhelp@beateatingdisorders.org.uk)

## Activity - Video



Please watch the above two videos. This will provide you with further awareness and context to this learning. Questions related to this can be found below. If watching this video has caused you any upset or distress, please stop and seek appropriate support or feel free to reach out to the Safeguarding team at [safeguarding@qa.com](mailto:safeguarding@qa.com)

Questions:

1. What are the 3 main types of eating disorders?
2. Name 3 signs of an individual experiencing an eating disorder.
3. How can you help?