

Eating Disorders Resources for Educators

Websites

Here to Help: Body Image

heretohelp.bc.ca/factsheet/body-image-self-esteem-and-mental-health

Provides fact sheets, articles about body image, eating and living well, and personal stories.

Jessie's Legacy Eating Disorders Prevention Program

jessieslegacy.com

Provides eating disorders prevention education, resources and support for BC youth, families, educators and professionals.

Kelty Mental Health Eating Disorders Microsite

keltyeatingdisorders.ca

Offers information and resources for eating disorders as well as a list of relevant programs and services in BC. Links to the Kelty Mental Health Resource Centre YouTube Channel, which offers videos about issues related to eating disorders, including meal support and nutrition.

National Eating Disorder Information Centre (NEDIC)

nedic.ca

Offers information and resources on eating disorders as well as a directory listing of professionals specializing in eating disorders.

Toolkits

Action Schools BC Classroom Workshop Planning Guide for Schools & Teachers Grade K-7

actionschoolsbc.ca/Images/Top%20Menu/PG-K-7I-Nov2010-WEB.pdf

Promotes healthy living in students and suggests 6 action zones, including a healthy eating action checklist.

BC Ministry of Education (Special Ed.) – Helping Students with Eating Disorders: Resources for Teachers

bced.gov.bc.ca/specialed/edi/1.htm

This resource guide is divided into five sections, covering areas of concern identified by experienced educators, including: What are Eating Disorders; Characteristics of Students with Eating Disorders; Identifying and Referring At-risk students; Teaching Students with Eating Disorders; Opportunities for Pro-Active Intervention.

Being Me : Promoting Positive Body Image – A Teachers' Support Resource for Elementary and Middle School

actionschoolsbc.ca/key-resources-equipment/supplementary-resources/being-me-grades-k-9

A resource kit produced by Action Schools BC and is designed to help elementary and middle school teachers promote positive body image among their students.

Centre for Clinical Interventions

cci.health.wa.gov.au/resources/consumers.cfm

Offers resources for consumers, mental health practitioners, and doctors, including workbooks on "Improving Self-Esteem".

Healthy Buddies

healthybuddies.ca/index.htm

A program designed for elementary school children encouraging positive attitudes toward physical activity, nutrition, and mental health.

Media Awareness Network: Body Image Lesson Plan

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mediasmarts.ca/digital-media-literacy/media-issues/body-image

Offers various lesson plans including handouts, backgrounders and overheads for teachers to engage grade 3-12 students become more aware of the impact of media on their own self-esteem and body image.

Mission Nutrition

missionnutrition.ca/eng/educators

Provides educators with curriculum-based resources for Grades K-8 with fun, healthy living lessons.

National Eating Disorders Association Educator Toolkit

nationaleatingdisorders.org/sites/default/files/Toolkits/EducatorToolkit.pdf

A resource for educators, staff who work in a school setting or those who work with youth outside of school that helps you understand more about eating disorders and how to support students and young people who may be affected.

Teaching Resources for Promoting Healthy Body Image and Media Literacy

tbdhu.com/NR/rdonlyres/0D1AD87C-2E11-4341-96D5-7208618635DF/0/TeachingResources_BodyImage_MediaLiteracy.pdf

A listing of web based education materials focusing on promoting body image and media literacy for educators in their curriculum planning for Grades K-12.

The Student Body: Promoting Health At Any Size

thestudentbody.aboutkidshealth.ca

A teacher training module designed to help alert teachers (and parents) to the factors that can trigger unhealthy dieting among children, and ways to prevent it. Sheds light on: Media and Peer Pressure; Healthy Eating; Active living; Teasing; Adult Role Models; School Climate.

Books & Videos

Bibliography of Eating Disorders (2008)

BC Children's Hospital Family Support and Resource Centre

A listing of 18 pages books and DVDs on healthy eating, nutrition and eating disorders for parents, youth and children.

I'm, Like, So Fat! Helping Your Teen Make Healthy Choices about Eating and Exercise in a Weight-Obsessed World (2005)

Dianne Neumark-Sztainer

This book shows how to strike the difficult balance between bolstering self-esteem and offering constructive advice.

This Is My Body: A Film by High School Girls (2006)

Leanne Levy

Suitable for teachers, parents and health professionals, this film presents the lives of teenage girls brave enough to share their experiences and secrets about what it means to be a girl at this time of their lives.

Weight Bias at Home and School: Preview (2009)

youtube.com/watch?v=bCJe42LGnB4&feature=relmfu

The video from the Yale Rudd Centre helps parents and teachers understand the detrimental

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impacts that weight bias in school and at home can have on overweight or obese children and presents strategies to help combat this rapidly growing problem.

FSRC: Family Support & Resource Centre at BC Children's Hospital. Books and videos can be borrowed at no charge from anywhere in the province, or purchased from the online bookstore.

Tel: 604-875-2345 ext. 5102 | Website: <https://libraries.phsa.ca/fsrc>

Support Services

Kelty Mental Health Resource Centre Tel: 604-875-2084 | Toll-Free: 1-800-665-1822
keltymentalhealth.ca | kellycentre@cw.bc.ca | [youtube.com/user/KeltyMentalHealth](https://www.youtube.com/user/KeltyMentalHealth)

Offers information, resources, help with system navigation, and peer support to children, youth and families across BC dealing with mental health and substance use challenges. The Centre also provides resources and peer support to individuals of any age struggling with an eating disorder.

Jessie's Legacy Eating Disorder Prevention Program, Family Services of North Shore
(604) 988-5281 ext. 212 | 1-888-988-5281 ext. 212 | jessieslegacy.com |
jessieslegacy@familyservices.bc.ca

Jessie's Legacy offers one to one brief counseling, and has a support group for Parents, Partners and Friends of individuals with an eating disorder that runs twice monthly.

Looking Glass Foundation

Tel: 604-314-0548 | lookingglassbc.com

A BC-based group providing support for teens and young adults struggling with Eating Disorders. Website includes information on their Summer Camp, Free Weekly Drop-In Support Groups, Provincial On-Line Support Groups, and Looking Glass Residence Treatment Centre for Eating Disorders.