

Adolescence



A presentation would consist of:
Interactive discussion—approx 25 mins together with the Showing 'Invisible' a 20 min film giving information about eating disorders and related issues.

This will be supported by literature including:

- Local Group information
 - B-eat Leaflets
 - Printable worksheets
 - Leaflet about 'Invisible'
- The session supports National Curriculum Learning Objectives
- PSHE Citizenship



Clipart on this brochure is from 'Invisible' used with author's permission
www.eatingdisordersresources.co.uk

**Acknowledgement of support:
Humber Mental Health Trust
Primary Care Trusts**



Marg

Oaten

Is experienced in delivering presentations and training within schools, youth clubs, and healthcare establishments.

Is pro-active in the development of an eating disorder services, and passionate about raising awareness of this devastating illness.

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S.E.E.D.
Eating Disorders
Support Services



S.E.E.D Eating Disorders Support Services Working in Partnership to Bring Health and Education Together



Raising Awareness of Eating Disorders Within Schools, Colleges and Healthcare Establishments



Presentations are delivered professionally, with empathy and sensitivity.

Presentations are adapted to fit in with the school timetable.

Presentations are 'pitched' appropriate for specific year groups.

Presentations are suitable for PSHE Co-ordinators, teaching and non-teaching staff, school nurses, counsellors and anyone interested in young people and in health and well-being

Presentations are backed up with handouts, classroom activities, eating disorder literature, self help information and how to seek help and advice.

Consider these statistics

- 60% of 14–15 year old girls consider themselves overweight (*Schools Health Education Unit 2000*)
- 5% - 10% of adolescent school girls use techniques such as vomiting, laxative and diuretic abuse and excessive exercise to control their weight (*Eating Disorder Association 1993*)
- Males suffer also—an eating disorder holds no barriers when it comes to age and gender
- Eating disorders have the highest mortality rate of any other mental health illness
- A staggering 20% of people die each year as a result of this devastating illness.
- Eating Disorders must be taken seriously
- Schools must be pro-active in raising awareness of the long term consequences of an eating disorder and be aware of where to go to get help

Self Development play a huge part of the PSHE and Citizenship PSHE at Key Stage 3 and 4

Presentations not only raise awareness of eating disorders but incorporate the PSHE and PSHE Citizenship learning objectives for Key Stages 3 and Key Stage 4

They incorporate issues such as self esteem, bullying, feelings, body image, boundaries, gender issues, eating disorder cycles and much more.

The theme of the presentations are based around

Feeling Good About Yourself and Who You Are!



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