

Charity No 1108405



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



What Can Schools Do?

Marg Oaten

Is **experienced** in delivering **presentations** and **training** within **schools**, **colleges**, 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.

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
- **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 Disorders Association, 1993*).
 - **Males** suffer also - an eating disorder has **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 where to go to **get help**.
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- **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