



KidsHealth.org/classroom

Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use decision-making skills to enhance health.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Your state's school health policies:
nasbe.org/HealthySchools/States/State_Policy.asp

As your students experience puberty, they may encounter the risks of negative body image, decreasing self-esteem, and eating disorders. The following discussion questions and activities will help students evaluate the connection between body image and self-esteem and learn more about eating disorders.

Related KidsHealth Links

Articles for Kids:

Kids and Eating Disorders

KidsHealth.org/kid/health_problems/learning_problem/eatdisorder.html

How Can I Feel Better About My Body?

KidsHealth.org/kid/talk/qa/feel_better_about_body.html

What's the Right Weight for Me?

KidsHealth.org/kid/stay_healthy/fit/fat_thin.html

Articles for Teens:

Eating Disorders: Anorexia and Bulimia

KidsHealth.org/teen/food_fitness/problems/eat_disorder.html

I Think My Friend May Have an Eating Disorder. What Should I Do?

KidsHealth.org/teen/your_mind/problems/friend_eating_disorder.html

Body Image and Self-Esteem

KidsHealth.org/teen/your_mind/body_image/body_image.html

A Guy's Guide to Body Image

kidshealth.org/teen/your_mind/emotions/male_bodyimage.html

What's the Right Weight for My Height?

KidsHealth.org/teen/food_fitness/dieting/weight_height.html

Discussion Questions

Note: The following questions are written in language appropriate for sharing with your students.

1. People with eating disorders often withdraw from social activities. Why do you think this is? Do you think it helps or hinders their recovery? Why?
2. Do you think there is an "ideal" body type? If you think an ideal exists, describe what it is. Where do you think this ideal comes from? How does it affect you?
3. Eating disorders aren't contagious. However, your feelings about food and your body might be influenced by a friend with an eating disorder. Discuss why this is possible and what you can do about it.



Activities for Students

Note: The following activities are written in language appropriate for sharing with your students.

Raising Awareness on the Radio

Objectives:

Students will:

- Learn about two main types of eating disorders, anorexia and bulimia
- Discover the warning signs of an eating disorder
- Explore the physical and emotional consequences of having an eating disorder

Materials:

- Computer with Internet access
- Pen and paper or computer word processing program

Class Time:

45 minutes

Activity:

The station manager at the local radio station, TEEN-FM, needs your help. To raise awareness about eating disorders among teens, TEEN-FM is going to broadcast a series of four radio spots that address the following topics related to eating disorders:

- Characteristics of anorexia and bulimia
- Causes
- Warning signs
- Effects

Working in small groups, select one of the topics and then sit down at the keyboard to do some research at KidsHealth. When you have the facts, work with your group to write a radio spot that not only provides accurate and detailed information about eating disorders but also is appealing to teens.

Extensions:

1. Even though you have all the facts, it's tough to know what to say when a friend has an eating disorder. Discuss some of the tactics you might use to be supportive during your friend's difficult time. Role-play a conversation with a friend with an eating disorder in which you demonstrate some of these strategies.
2. Discuss the connection between sports and eating disorders. How does an eating disorder influence athletic performance? If you were going to design a radio spot specifically for athletes about eating disorders, what would you say?
3. TEEN-FM wants to interview someone on the air as part of its eating disorder awareness campaign. Who would you recommend for this interview, and why? What types of questions would you propose to ask?



Healthy Advertising

Objectives:

Students will:

- Investigate the importance of healthy self-esteem and body image
- Explore the relationship between body image and the media
- Discuss the influence of body image on the development of eating disorders

Materials:

- Computer with Internet access
- Ad Campaign handout (available at: KidsHealth.org/classroom/6to8/problems/emotions/eating_disorders_handout1.pdf)
- Pen and paper or computer word processing program

Class Time:

30 minutes

Activity:

Your boss at Ideal Advertising has just shown you a new ad campaign for jeans that will soon be appearing in a major teen magazine. It depicts extremely thin girls and massively pumped-up guys. What's wrong with this picture? With a friend, role-play a debate between you and your boss about the new ad. Before debating, think about why your boss might want to depict an "ideal" body type in the ad campaign. Then search the articles at KidsHealth for information about body image, self-esteem, and eating disorders to build your case against the ad. After your debate, work together with your boss to outline the components of a replacement advertisement, representing a more realistic view of body types (see handout).

Extensions:

1. School can seem like a harsh place, where you feel like everyone is criticizing the slightest imperfections. This can be tough on your body image and self-esteem. Brainstorm a list of ways you can promote healthy self-esteem in your school.
2. On TV and in magazines, it seems like everyone is thin. But does that mean that everyone should be thin? Discuss how someone can determine his or her healthy weight. What factors influence it?

Reproducible Materials

Handout: Ad Campaign

KidsHealth.org/classroom/6to8/problems/emotions/eating_disorders_handout1.pdf

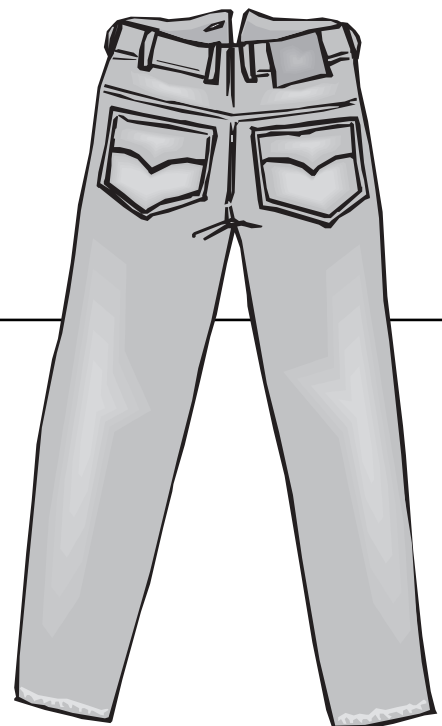
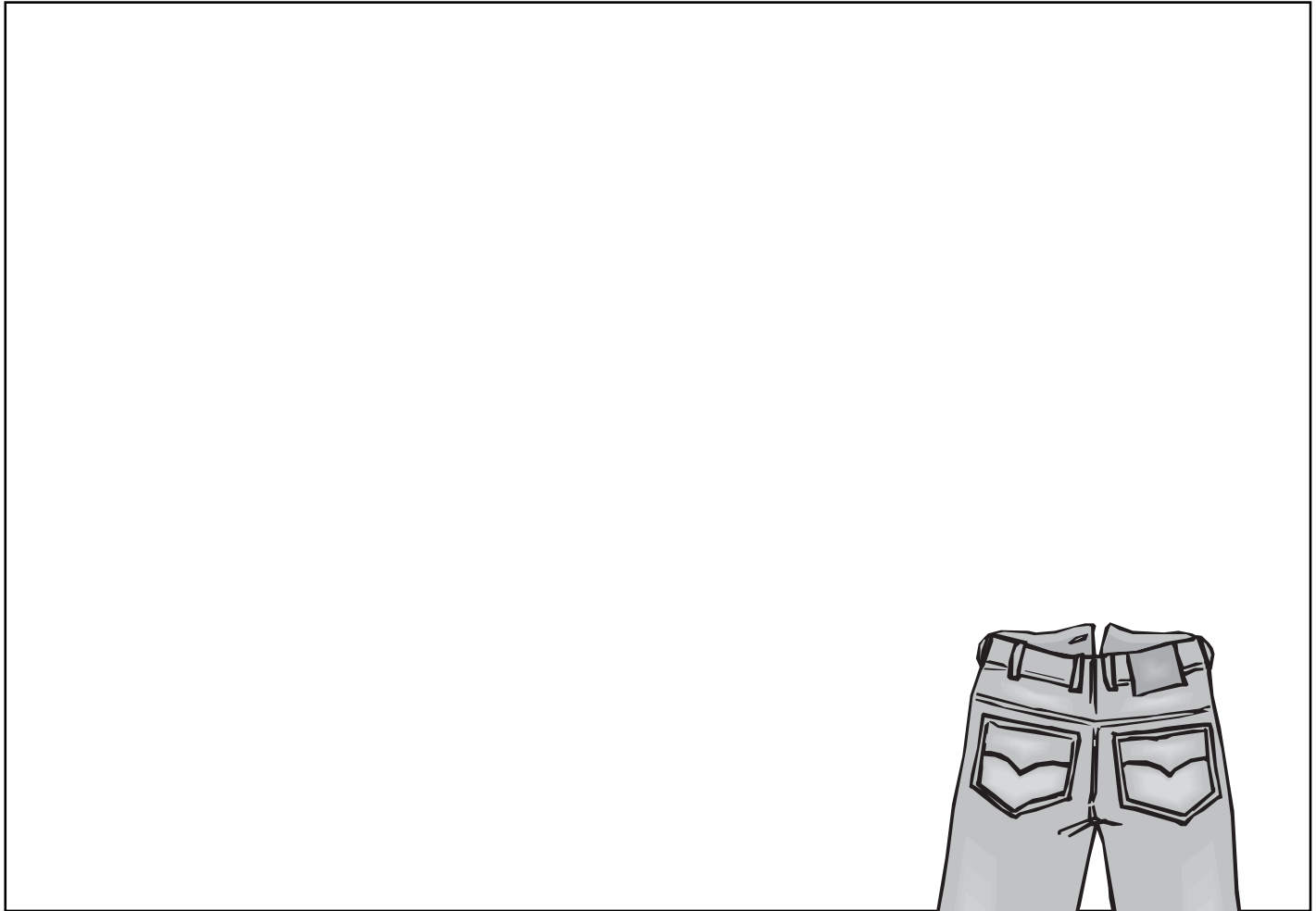


Name: _____

Date: _____

Instructions: Using photos from magazines or your own photos or drawings, design a print ad for jeans that includes images of realistic body types and positive messages about body types.

Ad Campaign



1. Who is the target audience for your ad? Why will your ad appeal to this group?

2. How might your ad influence a person's thoughts and behaviors about body image and self-esteem?