



[KidsHealth.org/classroom](http://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 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 risks.
- Demonstrate the ability to advocate for personal, family, and community health.

National Health Education Standards:  
<http://www.cdc.gov/healthyschools/sher/standards/index.htm>

Eating disorders like anorexia and bulimia affect millions of young people. What's even more disturbing is that they seem to be affecting children at younger and younger ages. These activities will help your students learn more about eating disorders.

## Related KidsHealth Links

### Articles for Kids:

#### Kids and Eating Disorders

[KidsHealth.org/en/kids/eatdisorder.html](http://KidsHealth.org/en/kids/eatdisorder.html)

#### What's the Right Weight for Me?

[KidsHealth.org/en/kids/fat-thin.html](http://KidsHealth.org/en/kids/fat-thin.html)

#### Is Dieting OK for Kids?

[KidsHealth.org/en/kids/diet.html](http://KidsHealth.org/en/kids/diet.html)

#### The Story on Self-Esteem

[KidsHealth.org/en/kids/self-esteem.html](http://KidsHealth.org/en/kids/self-esteem.html)

#### How Can I Feel Better About My Body?

[KidsHealth.org/en/kids/feel-better-about-body.html](http://KidsHealth.org/en/kids/feel-better-about-body.html)

### Resources for Teachers:

#### Anorexia Special Needs Factsheet

[KidsHealth.org/en/parents/anorexia-factsheet.html](http://KidsHealth.org/en/parents/anorexia-factsheet.html)

#### Bulimia Special Needs Factsheet

[KidsHealth.org/en/parents/bulimia-factsheet.html](http://KidsHealth.org/en/parents/bulimia-factsheet.html)

#### Binge Eating Disorder Special Needs Factsheet

[KidsHealth.org/en/parents/binge-factsheet.html](http://KidsHealth.org/en/parents/binge-factsheet.html)

## Discussion Questions

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

1. What's an eating disorder? What are some of the signs that some might have an eating disorder?
2. Anyone can have an eating disorder, but most people who have eating disorders are females. Why might young females, rather than males, may be more vulnerable to eating disorders?



## Activities for Students

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

### "We're Cool!"

#### Objectives:

Students will:

- Recognize the importance of healthy self-esteem
- Learn how to build self-esteem in themselves and others

#### Materials:

- Pen or pencil and paper
- Camera, printer, binder

#### Class Time:

90 minutes

#### Activity:

Research has shown that low self-esteem can contribute to an eating disorder. Today, we're going to learn more about self-esteem and how to encourage it in yourself and others. First, make a list of three things you do well or like about yourself (maybe you're good at math, making people laugh, playing soccer, or drawing horses; or you're strong, kind to people, very patient, or like to help people, etc.). Now, turn your attention to your classmates. For each classmate, write one thing they're they're good at or one thing you like about them. Try to be specific. For example, instead of saying, "I like John because he's friendly," say, "I like John because he says 'Hi' to me every morning." Now, either in class or at home, have someone take a photo of you doing something you're good at or something you like to do. Then we're going to put our lists and photos together to make a class book titled, "*We're Cool!*" It will be a great reminder about the things you like about yourself, and the things other people like about you, too!

#### Extension:

Dealing with stress seems to be a fact of life for just about everyone. Not being able to handle stress can contribute to having an eating disorder. So make a list of up to three things that might be stressing you out right now, and describe why these things are so stressful. Next, read these KidsHealth.org articles to find out how you can better manage your stress:

- **The Story on Stress**  
[KidsHealth.org/en/kids/stress.html](http://KidsHealth.org/en/kids/stress.html)
- **Five Steps for Fighting Stress**  
[KidsHealth.org/en/kids/5-steps.html](http://KidsHealth.org/en/kids/5-steps.html)

Finally, come up with a stress-management plan you can use the next time you're feeling stressed out. Share your plan with a friend or family member so they can help you put it into action!



## Media Messages

### Objectives:

Students will:

- Examine ways that media images affect how we see ourselves

### Materials:

- "Media Tracker" handout
- Pen or pencil, magazines

### Class Time:

1 hour

### Activity:

The media can have a powerful effect on the way we see ourselves. At home, check out various media and record your observations on the "Media Tracker" handout. On the handout, describe media images from magazines, TV commercials, and online ads) and record the following information:

- **Magazines:** Choose three magazines, and describe the cover and one ad in each. Who is featured? Is it a model? A celebrity? Describe the person. Is he or she thinner than most people, about the same size, or bigger? Did you like the cover or the ads?
- **TV commercials or online ads:** Describe the commercial or ad. Who is in it? What are they doing? What do they look like? What are they wearing? Are the people thinner than most people, about the same, or bigger? Did you like the commercial or ad? Will the commercial or ad get people to buy this product?

Next, on the back of the handout, choose a publisher or product manufacturer whose magazine cover or ad, TV commercial, or online ad shows an unrealistic image of beauty. Explain why you feel this way and make a suggestion about a healthier way the magazine cover or ad, or TV commercial or online ad might be designed.

## Reproducible Materials

### Handout: Media Tracker

[KidsHealth.org/classroom/3to5/problems/conditions/eating\\_disorders\\_handout1.pdf](http://KidsHealth.org/classroom/3to5/problems/conditions/eating_disorders_handout1.pdf)

### Quiz: Eating Disorders

[KidsHealth.org/classroom/3to5/problems/conditions/eating\\_disorders\\_handout1.pdf](http://KidsHealth.org/classroom/3to5/problems/conditions/eating_disorders_handout1.pdf)

### Quiz Answer Key: Eating Disorders

[KidsHealth.org/classroom/3to5/problems/conditions/eating\\_disorders\\_handout1.pdf](http://KidsHealth.org/classroom/3to5/problems/conditions/eating_disorders_handout1.pdf)



Name:

Date:

## Media Tracker

Instructions: Complete the information below, then on the back of this handout, choose a publisher or product manufacturer whose image shows an unrealistic image of beauty. Explain why you feel this way and make a suggestion about a healthier way the magazine cover or ad, or TV commercial or online ad might be designed.

- **Magazines:** Choose three magazines, and describe the cover and one ad in each. Who is featured? Is it a model? A celebrity? Describe the person. Is he or she thinner than most people, about the same size, or bigger? Did you like the cover or the ads?
- **TV commercials or online ads:** Describe the commercial or ad. Who is in it? What are they doing? What do they look like? What are they wearing? Are the people thinner than most people, about the same, or bigger? Did you like the commercial or ad? Will the commercial or ad get people to buy this product?

### Magazines

Magazine name:  
Cover:

Ad:

Magazine name:  
Cover:

Ad:

Magazine name:  
Cover:

Ad:

### TV commercials or online ads

Product:  
Description:

Product:  
Description:

Product:  
Description:

Product:  
Description:



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Quiz

1. A person with \_\_\_\_\_ eats a huge amount of food, then tries to get rid of it by throwing up or taking laxatives and exercising a lot to burn the calories.
2. A person with \_\_\_\_\_ is afraid of gaining weight and thinks his or her body is too fat, even if the person is really thin.
3. True or false: Someone with an eating disorder stay away from social activities like parties or going out to dinner.
4. Which one is not a cause of an eating disorder:
  - a) Stress
  - b) Dental cavities
  - c) Depression
  - d) Low self-esteem
5. True or false: If you have low self-esteem, there's nothing you can do about it.



## Quiz Answer Key

1. A person with bulimia eats a huge amount of food, then tries to get rid of it by throwing up or taking laxatives and exercising a lot to burn the calories.
2. A person with anorexia is afraid of gaining weight and thinks his or her body is too fat, even if the person is really thin.
3. True or false: Someone with an eating disorder stay away from social activities like parties or going out to dinner.
4. Which one is not a cause of an eating disorder:
  - a) Stress
  - b) Dental cavities
  - c) Depression
  - d) Low self-esteem
5. True or false: If you have low self-esteem, there's nothing you can do about it.