



UNDERSTANDING EATING DISORDERS IN YOUNG PEOPLE

SUPPORTING BODY CONFIDENCE AND HEALTHY RELATIONSHIPS WITH FOOD AND EXERCISE IN YOUNG PEOPLE



AUDIENCE
Educators & Professionals
working with young people



SESSION LENGTH
2hrs Onsite or Virtual



GROUP SIZE
Min 10 – Max 45



COST
\$1,450+GST (onsite) \$1,450+GST
(virtual)
Surcharge (Groups 25+) \$50pp



This introductory session provides an overview of how body and eating issue can develop, the importance of a healthy body image, the risk and protective factors for and the signs and symptoms of eating disorders. It gives advice on approaching young people you may be concerned about and explains how to support their recovery. The session closes with the basic principles of body image education and how to foster a positive body image environment

“This was a highly worthwhile session, delivered by an expert facilitator who took the time to answer all our questions. As a staff team we feel much more confident”
Wellbeing Lead, VIC

KEY THEMES

- The spectrum of behaviours from healthy, to disordered and clinical diagnosis
- Recognising eating disorders as serious mental illnesses
- Addressing commonly held beliefs
- The importance of positive body image and the factors influencing it
- The dangers of dieting, restriction and disordered eating
- Obesity and orthorexia within the context of eating disorders
- Types of eating disorders and their impacts
- Knowledge of risk and protective factors
- Warning signs
- The importance of early intervention and what to do if you are concerned
- Supporting recovery and assisting friends and peers
- Educating young people about eating disorders and the power of positive role modelling.

Bookings, fees & questions please contact

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