

# KINDLY DO, KINDLY DON'T:



KINDLY DON'T	KINDLY DO	EXAMPLES
Comment on my appearance	Comment on my personality, energy and talents	<i>"You always put a smile on my face"</i>
Assume that only young girls get eating disorders	Understand that eating disorders do not discriminate and can affect ANYONE	<i>"I know anyone can experience an eating disorder, no matter who they are or what they look like"</i>
Focus on my weight when I go to the doctor's office	Look at my whole health and wellbeing, not just a number on the scale	<i>"Tell me what's going on for you right now"</i>
Promote diets and dieting or talk about food as 'good' or 'bad'	Talk about food as fuel and for joy and connection	<i>"Today I'm going to have pizza because it makes me happy"</i>
If I'm in recovery, tell me I look healthy	Encourage me with words that aren't about how I look	<i>"I'm so proud of you"</i>
Assume I want to lose weight for my wedding/birthday/holiday	Focus on the joy of the occasion and not what I look like	<i>"Your (wedding/holiday birthday) is coming up. What are you most looking forward to?"</i>
Lessen the seriousness of my eating disorder or think I can snap out of it	Know that eating disorders are not a lifestyle choice - they are mental health issues that need care and support.	<i>"I feel like you're struggling right now; please let me know what I can do to support you."</i>