

Supporting Teachers

Tools and information to better understand
Body Image Issues and Eating Disorders in Youth

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National Eating Disorder
Information Centre

Spring Webinar : Part 1

aneb
Anorexie et boulimie Québec



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Goals of this webinar

- **Learn** about the impact of COVID-19 on youth body image and disordered eating
- **Engage** in discussion about the challenges of instructing during the past year
- **Hear** about strategies to be a positive role model in your classroom
- **Learn** about a free, evidence-informed curriculum tool for students in Grades 4-8

What is Body Image?

What is body image? What is self-esteem?

Body image is the mental picture you have of your body – what it looks like, what you believe about it, and how you feel about your body.

Self-esteem is the "real" opinion you have of yourself. how you value and respect yourself as a person. Your self-esteem has a direct effect on how you take care of yourself, emotionally, physically and spiritually.

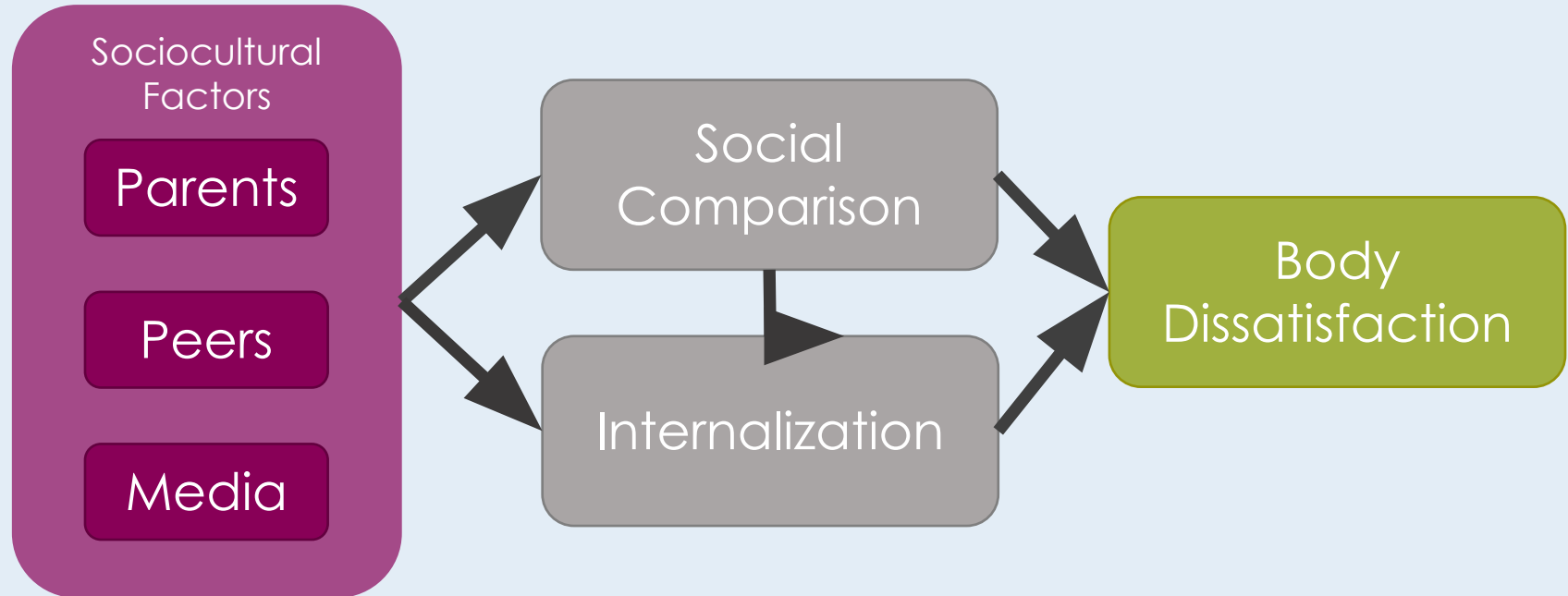
Self-esteem and body image also exert influences on each other – it is hard to feel good about yourself if you hate your body!

<https://nedic.ca/health-promotion-prevention/>

<https://www.avantdecraquer.com/publications/bibliotheque-virtuelle/jeunes-developper-lestime-de-soi-chez-les-jeunes/> (FR/ développer l'estime de soi)

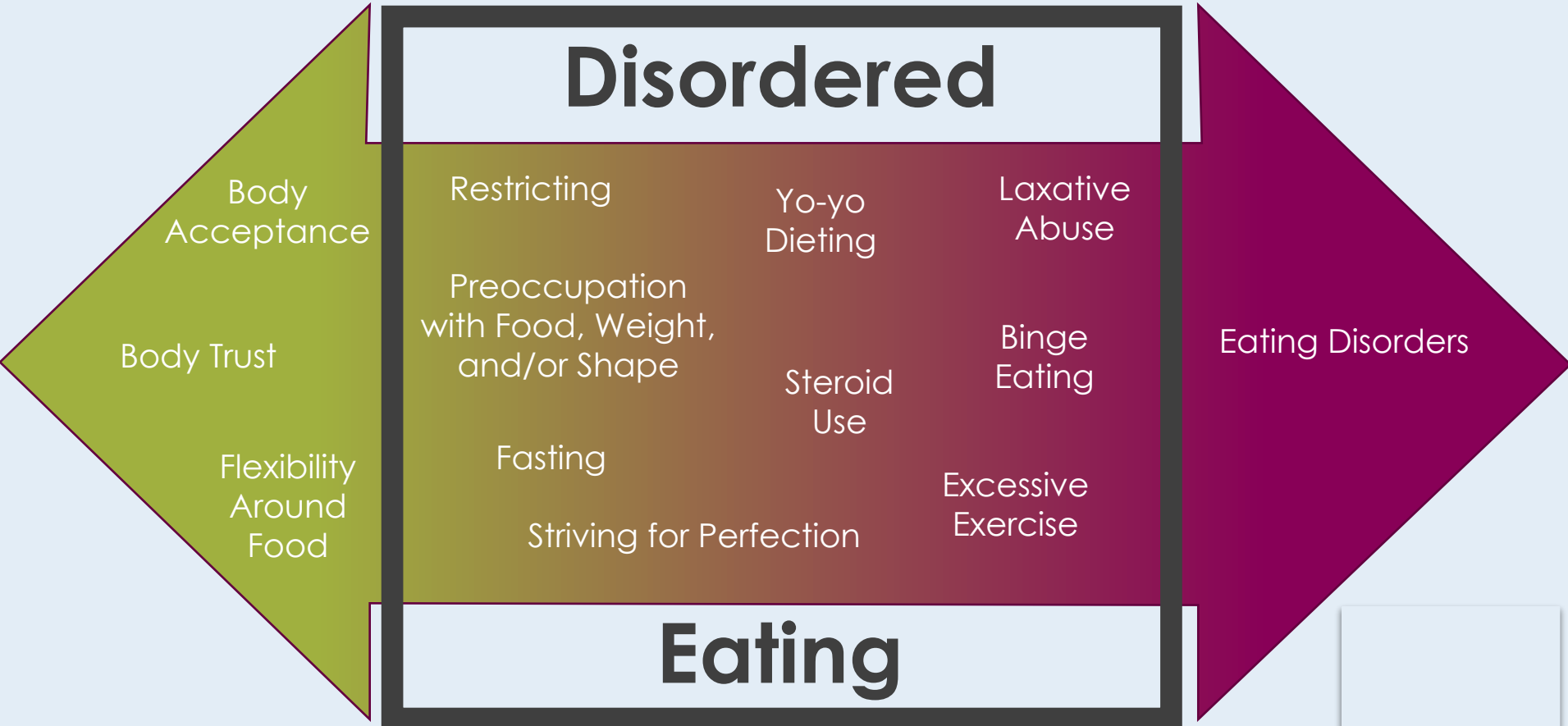
How is body image & self-esteem related to eating disorders?

- Tripartite Influence Model of Body Image and Eating Disturbance

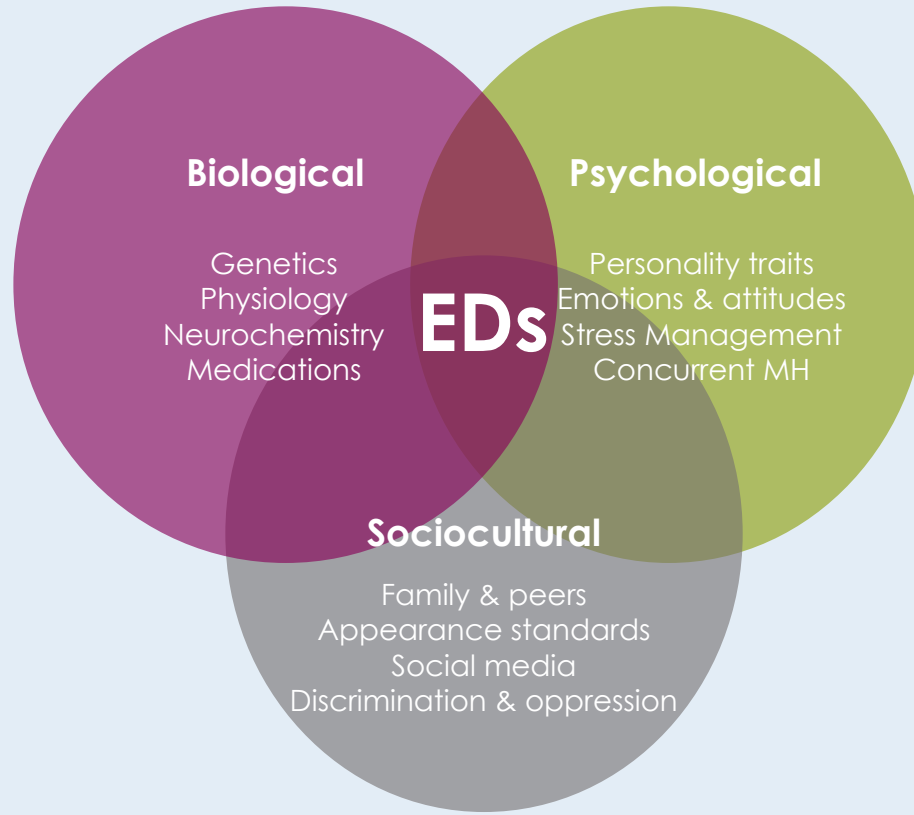


(Keery et al., 2004; Shroff & Thompson, 2006; Thompson et al., 1999; van den Berg et al., 2002)

A continuum of eating and weight concerns



What causes an eating disorder?



What perpetuates an eating disorder?

**Social
reinforcement**

**Preservation of
relationships**

**Safeguard
against
failure**

**Avoidance of
sexuality**

**Coping with
negative
emotions**

**Maintaining
control**

Self-concept

**Punishment &
self-harm**

Food scarcity

Diet culture

Isolation

**Access to
support**

Sources: Brown et al., 2020; Bryan et al., 2020; Dolhanty, 1998; Richardson et al., 2020

*This is not an exhaustive list. Rather, it showcases common examples of what can drive eating disorder behaviour.

During COVID-19, what have we heard?

I'm currently getting outpatient treatment but [...] my groups have been cancelled for the time being. I rely on the support and now I'm not sure what to do.

I'm struggling during quarantine to not overeat out of stress and boredom. It's making my eating disorder spiral.

I have been in recovery from AN and BN for about two years now, and ever since this whole isolation thing started, my symptoms have come back, and worsened almost immediately.

My doctor said that I would be safer at home... safer from COVID maybe but not safer from myself.

Youth have brought up topics like:

- **Limited activities at home**
 - More screen time. Research by our partner, [Dove](https://www.dove.com/ca/en/stories/campaigns/theselfietalk.html), indicates that by the age of 17, 80% of Canadian girls have used a photo editing app. <https://www.dove.com/ca/en/stories/campaigns/theselfietalk.html>
- **More time with troubled family relationships**
 - Can feel “stuck” at home
- **Usual coping mechanisms don’t apply or aren’t working**
 - Hard to access social support with isolation; restrictions on social gatherings
 - Everyone’s struggling so don’t want to “burden” friends
- We’ve heard about both the **emergence** of new issues and the **re-emergence** of past issues
 - Increase in visits to ER for depression up 15% in Jan/Feb 2021 versus 2020
 - Increase in hospitalizations, including among people as young as 10 years old

Some helpline statistics...

NEDIC	ANEB Québec
Since March 2020, our telephone helpline and chat services have seen an increase of 67%.	Since March 2020, our overall services (phone help and reference line, online intervention services and support groups) have increased by 131%.
Among youth ages 11-19, we saw a year-over-year increase of 104% on our chat service	On our text and chat services, our busiest months were June 2020, October 2020, January 2021 and February 2021.

What have YOU heard?

How has the pandemic impacted
your students' experiences around
food, weight, and body?

Supporting Youth in Troubling Times : Working as a Community to Help, Prevent and Educate (Dove self-esteem programs)

- How the **NEDIC** and **ANEB Québec** can help youth and teachers through our services and our programs designed in partnership with DOVE's self-esteem program. (made for grades 4 to 8/*secondaire 2* in Québec) - An inclusive program designed in 2008 with an adaptation in 2016, created by two educators Heather Thompson and Helen Vlachoyannacos -Toronto District School Board

<https://nedic.ca/beyond-images/>

<https://anebquebec.com/services/au-dela-de-limage>

<https://audeladelimage.ca>



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Beyond Images & Au-delà de l'image : 1st example (beauty ideals)

Grade 8, lesson 4: Bringing about Changes- questioning beauty ideals created by society, the media, defying comparisons, the cult of thinness

In this lesson plan, students will focus on **ideals that are related to appearances and the pressure to conform to social norms**. Students will become instigators of a positive body image and bring this way of thinking onto themselves. They will celebrate this new role by also **encouraging positive body image into their communities**.

Beyond Images & Au-delà de l'image : 1st example

Grade 8, lesson 4: Bringing about Changes- questioning beauty ideals (teachers' guides, videos, activity guides for students and evaluation forms)

<https://www.dove.com/ca/fr/dove-self-esteem-project/school-workshops-on-body-image-confident-me/self-esteem-school-re-sources-confident-me-five-sessions.html> (in French, link to the 5 programs for teachers for grade 8, to give an example of a program)

- In link with Canadian Provinces' schools' curriculums:
 - 1- Communication skills: Alberta, Atlantic Provinces, British-Columbia, Manitoba, Ontario, Québec, Saskatchewan
 - 2- Health: Alberta and Prince-Edward Island

Beyond Images & Au-delà de l'image : 2nd example (analyzing publicities)

Grade 6, lesson 4: Manipulating magazines- analyzing publicities

In this lesson plan, students will have the opportunity to **explore the different techniques used by directors and announcers to manipulate images** in order to sell a product. With a **critical eye**, students will **analyse a publicity** directed towards their age group and they will propose different ways in which the publicity can encourage positive self esteem and body image.

Beyond Images & Au-delà de l'image : 2nd example

Grade 6, lesson 4: Manipulating magazines- analyzing publicities (teachers' guides, videos, activity guides for students and evaluation forms)

<https://www.youtube.com/watch?v=TT2AHZpnhy0> (video seen with students on the work that is done 'behind the scenes' on a model for 1 poster/ English)

- In link with Canadian provinces' schools' curriculums:
 - 1- Communication skills: Alberta, Atlantic provinces, British-Columbia, Manitoba, Ontario, Québec and Saskatchewan.
 - 2- Health and Wellness: Ontario and Prince-Edward Island.

Beyond Images & Au-delà de l'image : 3rd example (body image)

Grade 5, lesson 5: Sharing our messages on body image and self-esteem through writing.

In this lesson plan, based on **body image and self-esteem**, students will have the occasion to **write a letter** designed to **various industries in the beauty sector**-fashion magazines, plastic surgery, publicity, producers, etc. They will reflect on the importance of **language and of messages** with regards to our perceptions and how to treat and view others in regards to body image issues and self-esteem.

Beyond Images & Au-delà de l'image : 3rd example

Grade 5, lesson 5: Sharing our messages on body image and self-esteem through writing.

<https://www.youtube.com/watch?v=7dDJroKahpQ> (in English/ fashion show that shows real women modelling/ not models)

- In link with Canadian Provinces' schools' curriculums:
 - 1- Communication skills: Alberta, Atlantic Provinces, British-Columbia, Manitoba, Ontario, Québec, Saskatchewan
 - 2- Health: Manitoba

Role modelling: Initial Conversations (quoi dire/comment agir?)

<https://anebquebec.com/services/aider-un-proche>

Recommendation	Example: What do to	Example: What not to do
Choose a caring environment	Confidential space, after incident has passed	In fitness centre or hallways, around other students
Be compassionate & non-judgmental	"That sounds really hard, thank you for telling me"	"It's not a big deal" "I know exactly what you mean"
Use "I" statements	"I'm worried about you"	"You're worrying me"
Focus on emotions, not symptoms	"How have you been feeling lately?"; discuss anxiety, fear, sadness, loneliness, etc	"Why aren't you eating?" "How much did you eat?"
Encourage help-seeking	"I have some resources that might be helpful. Can I share them?"	Provide care that's beyond your scope long-term

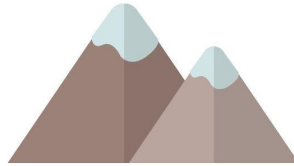
Role modelling: Talking about exercise and eating (healthy living habits)

- encourager de bonnes habitudes de vie -



How did that movement make you feel?

Did it feel like that food gave you enough energy?



Are there certain types of movement that you prefer?

How does nourishing yourself aligned with your values?

Principles of “healthy” eating



Role modelling: Talking about food

Recommendation

Avoid labeling food as good or bad

Avoid justifying food choices

Uncouple food and appearance

Reflect on *all* the values food brings to our lives

Example: What do to

"All foods fit"

"You don't need to earn dessert"

Talk about food as food! A grape is a grape. Popcorn is popcorn!

"Ah, eating this reminds me of this [positive memory]"

Example: What not to do

"Cookies are so bad, I really shouldn't eat them"

"I need to work off this meal"

"You are what you eat"

"If it's not fuelling you, you shouldn't have it"

Role modelling: Talking about bodies

Recommendation

Identify and express your core emotions

Validate others' emotions (and don't argue with them)

Don't join in by engaging in fat-talk about yourself

Give non-body-related compliments

Example: What do to

"I'm feeling sad and rejected today"

"I'm sorry you're feeling that way! What can we do to take the focus off of your body?"

Change the subject; role model positive self-talk

"You look so happy and confident!"

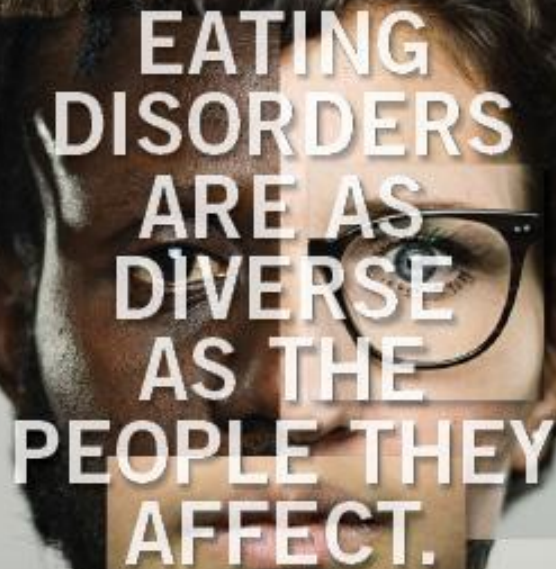
Example: What not to do

"I feel so fat today"

"You're not fat, you're beautiful!"

"You hate your thighs? Well, I hate my arms"

"You look great, have you lost weight?"



EATING
DISORDERS
ARE AS
DIVERSE
AS THE
PEOPLE THEY
AFFECT.

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www.nedic.ca

This devastating illness strikes all types of people in different ways, often secretly – sometimes fatally. But talking saves lives.

Call 1-866-NEDIC-20 or 416-340-4156 for support and information.

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It's not our bodies
that need changing.
It's our attitudes.™

Online chat:

www.nedic.ca

CHAT HOURS (EST):

9:00am to 9:00pm (M-Th)

9:00am – 5:00pm (F)

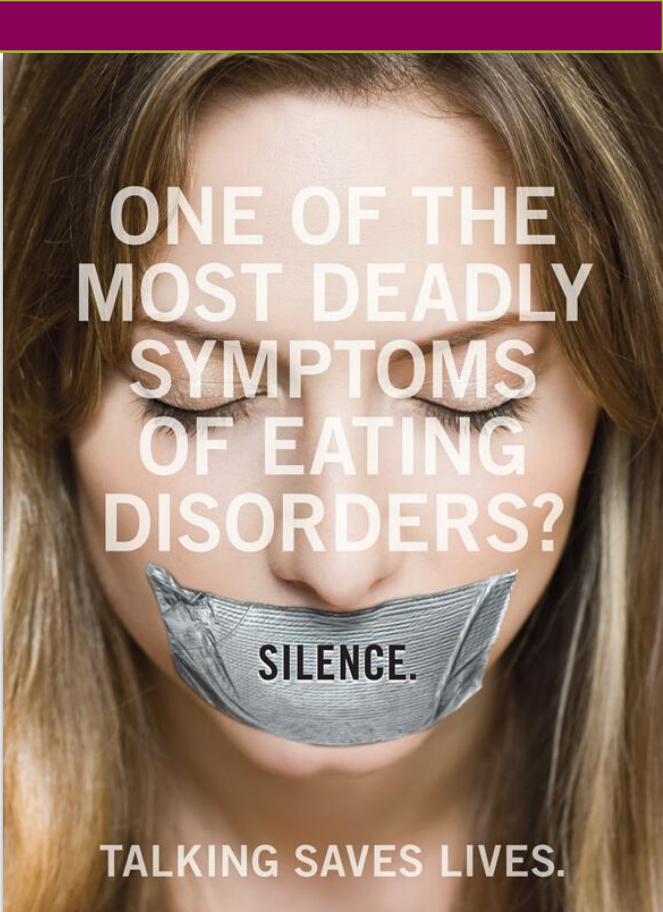
Call anonymously:

1-866-633-4220

PHONE HOURS (EST):

11:00am to 7:00pm (M-Th)

11:00am – 5:00pm (F)



ONE OF THE
MOST DEADLY
SYMPTOMS
OF EATING
DISORDERS?

SILENCE.

TALKING SAVES LIVES.

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www.nedic.ca

If you or someone you know is struggling with an eating disorder, call
1-866-633-4220 (416-340-4156 in Toronto)
for support and understanding.



NEDIC has free resources for educators!

Our sessions aim to build capacity for educators and coaches, focusing on:

- Practical strategies for talking about food, weight, and shape in the classroom
- Tips for embedding conversations into existing curriculum
- Strategies for supporting students coming forward with concerns

We like to take an evidence-informed **whole-school approach** in K-12 settings, meaning a conversation about school policies with admin, a workshop with students, an educational session for staff, and a parent evening for those at home.

Learn more and book us here: <https://nedic.ca/presentation-outreach/>



ANEB QUÉBEC

(free or low cost services)

For all ages

Help and reference phone line 514 630-0907 (Montréal) or 1 800 630-0907 (elsewhere, no fee)
open everyday from 8:00 am to 3:00 am
e-mail: info@anebados.com (youth) or info@anebquebec.com (adults)

Texting 1 800 630-0907 (Monday to Friday from 11:00 am to 8:00 pm)

Chat service via anebados.com (Monday to Friday from 4:00 pm to midnight and weekends from 12:00 to 9:00 pm)

For people ages 17 and over (via the anebquebec.com website)

Open support groups (for people suffering from EDs and their loved ones)

Closed support groups (for people suffering from EDs and their loved ones)

Group chat via anebquebec.com

Help Forum via anebquebec.com

Other:

- **Training, conferences and kiosks are available for schools, day camps and for professionals.**
- Blogs
- FB, Instagram, Twitter

* The chat and texting services have been open to everyone since the beginning of the Pandemic in March 2020.



Depuis le début de la pandémie,
les troubles alimentaires ne cessent d'augmenter.

Tu n'es pas seul(e).
Ensemble, brisons l'isolement.

Semaine nationale
de sensibilisation
aux troubles alimentaires

1er au 7 février 2021
semainetroublesalimentaires.com
#SemTA2021

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UNE INITIATIVE DE

Agence régionale de santé
Anorexie et boulimie Québec

ANEB services in Education and Prevention: conferences, kiosks, training and more

3 conferences are available for schools from grade 5 to grade 9 (*secondaire 1-3*) and adults:

1- Getting Past the Filters: Unpacking the Impact of Beauty Standards on Body Image (*secondaire 1-3*)

2- Self-Esteem and Body Image (grades 5, 6, 7 & 8)

3- Beyond Appearances Conference: Understanding Eating Disorders (adults)

<https://anebquebec.com/en/services/conferences>

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Resources to help students and teachers cope with the upcoming season in times of a Pandemic : Mental Health

Resources throughout Canada:

<https://jeunessejecoute.ca> / <https://kidshelpphone.ca/#> FR/Eng youth -all subjects & needs (help line, texting, chat services, ressources)

<https://myrelief.ca/relief-1/mental-health-self-management> FR/Eng adults & youth -mood disorders (help line, support groups, ressources)

<https://www.crisisservicescanada.ca/en/> FR/Eng adults & youth (help line and texting)

<https://suicide.ca> FR/Eng adults & youth (help line, texting, chat service)

Resources in Québec:

<https://suicideactionmontreal.org> FR/Eng adults & youth (in Montréal) (help line, ressources, etc.)

<https://www.aqps.info> FR AQPS Association Québécoise de prévention du suicide (for the province) (help line)

<https://www.fondationteljeunes.org/The-Fondation-Tel-jeunes> FR/Eng parents & youth -all subjects & needs (help line, texting and chatting)



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SAVE THE DATE!
Thursday, October 14th, 2021 at
6:00pm EST

Questions/des commentaires? FR/Eng

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