



It's Time to Talk about It
February 21-27, 2010

Electronic Educators Packet

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Thank you for participating in NEDA Awareness Week 2010! Your contribution to this national eating disorders outreach effort truly makes a difference. Without individuals like you, reaching local and regional communities with information and resources, NEDA would not be able to get so many communities across the country talking about eating disorders and giving this issue the attention that is so urgently needed. You are an integral part of NEDA's outreach and we appreciate your dedication to raising awareness, increasing prevention efforts, and directing those in need to critical treatment referrals and resources.

NEDA is providing this free electronic Educator Packet for 2010 in order to make it as easy as possible for you to participate, regardless of your time, monetary resources, or prior knowledge about eating disorders.

A special thanks to the Media Education Foundation (MEF), www.mediaed.org, for their permission to include their copyrighted handouts, study guides and media literacy resources. You can use these materials to lead group activities and exercises, facilitate discussions, teach advertisement deconstruction skills, and practice media analysis. Visit www.myneda.org to become a NEDA Media Watchdog!

Enclosed in this electronic Educators Packet you will find:

Anorexia Nervosa Stall Information: Facts & Information for Bathroom Stalls
Binge Eating Disorder Stall Information: Facts & Information for Bathroom Stalls
Bookmark: Printable Bookmarks for the School or Public Library
Bulimia Nervosa Stall Information: Facts & Information for Bathroom Stalls
Eating Disorders Discussion Guide

Evaluation Outcomes: Teacher Survey
Video and Media Literacy Resource List
High School Activities List
Just One Thing: How You Can Make a Difference
Life Size Barbie: Building Instructions
Namuh Grade School Activity: From the *Health Body Image* Curriculum
NEDA Helpline Cards
NEDA Toolkit for Educators
Physician Screening: 12 Steps
Power Point Presentation for Parents
Speaker Request Letter
Table Tents: Action Items for Each Day of NEDAawareness Week
What Should I Say?: How to Talk to a Friend

Media Literacy Resources Section:

All documents labeled MEF are from the Media Education Foundation website:
www.mediaed.org.

20 Ways to be a Media Activist (MEF)
Advertising Study Guide 101 (MEF)
Challenging Media Handout (MEF)
Deconstructing a Video Advertisement (MEF)
Deconstructing an Advertisement (MEF)
Killing Us Softly Study Guide (MEF)
Killing Us Softly Advertisement Handout (MEF)
Media Literacy, Slim Hopes Film Guide (MEF)
Slim Hopes Handout (MEF)
Swept (short film) Facilitation Guidelines
Teaching Writing, Teaching Media (MEF)
Video Discussion Questions

Thank you for your dedication to raising awareness about eating disorders! We are honored to have your participation and hope that you find the resources provided valuable in your classroom or community group. NEDAawareness Week Kits and the Resource and Planning Guide CD-ROM, complete with additional activity planning guides, handouts, media and fundraising guides, and event ideas, are available through the NEDA Store at www.NationalEatingDisorders.org.