

Video Resource List

The following list was created to help guide viewers to educational video resources available on eating disorders, dieting and body image. The National Eating Disorders Association does not necessarily endorse, support, or agree with the themes, theories, or perspectives included in the books on this list.

Educational Videos

Beyond Killing Us Softly: The Strength to Resist. (2000). 34 min. Cambridge Documentary Films. For middle school and above. “A superb video on the relationship between advertising images and our cultural obsession with dieting and thinness.”

Available at: www.gurze.com

Beyond the Looking Glass: Self-Esteem and Body Image. (1994). 28 min. Susan Luftman and Eric Marciano. For high school and above. An excellent introduction to media literacy. This video focuses on issues of self-esteem and body image and does not discuss eating disorders directly.

Available at: www.gurze.com

Body Image for Boys. (2002). 18 min. Films for the Humanities and Sciences. Explores some of the issues facing men and boys today as they grapple with media images of the idealized and unattainable male body.

Available at: www.films.com

Body Politics: From the Series Women: A True Story. (1996). 47 min. Films for the Humanities. For individuals or groups interested in feminism and the roots of eating disorders.

Available at: www.gurze.com

Bodyspeaks. (2003). Allasso Foundation. This video focuses on the impact of art therapy on individuals recovering from eating disorders will inspire both therapists and individuals in recovery alike.

Available at: www.gurze.com

BodyTalk 1: Teens Talk About Their Bodies, Eating Disorders, and Activism. (1999). 28 min. The Body Positive. For middle school and high school students. “Refreshing, hip, and engaging...this video does not directly discuss (and thereby teach) the symptoms of eating disorders.” Focuses on the feedback we receive from the media, family, and peers regarding our bodies and eating patterns. (Includes a guidebook).

Available at: www.nationaleatingdisorders.org

BodyTalk 2: It's a New Language. (2001). 17 min. The Body Positive. Ages 8-13. “Children of diverse backgrounds and sizes talk openly about puberty, teasing, trying to fit in, and the pressure they feel to look a certain way.”

Available at: www.nationaleatingdisorders.org

BodyTalk 3: My Special Body. (2004). 20 min. The Body Positive. Ages 6-9. “Teaches children that health can come at any size, to eat when they are hungry and stop when they are full, and to move because it feels good.” Children speak about the harm of being teased, tips are provided for coping with these situations, and eating for health and exercising for fun is discussed.

Available at: www.gurze.com.

The Discovery of Dawn: Body Image, Self-Esteem, and Eating Disorders. (1996). 30 min. Newist/CESA. For high school and above. Provides a look into the physical, psychological, and emotional contributions of poor body image and eating disorders through the eyes of a recovered sufferer. (Comes with a leader's manual).

Available at: www.gurze.com.

Dying to be Thin. (1994). 60 min. Films for the Humanities and Sciences. Follows the life of one woman as she battles with anorexia and bulimia, through years of hospitalizations and outpatient treatment.

Available at: Channel9store.com



Faces of Recovery: Cathy Rigby on Eating Disorders. (1990). 35 min. Former Olympic gymnast Cathy Rigby talks about eating disorders and recovery.

Available at: www.amazon.com.

Fat Brain, Skinny Body. (2002). 35 min. Michelle Garb. Uses a compelling mix of honesty and humor to provide education about eating disorders and related issues including body dissatisfaction, eating disorders in males, recognizing dangerous behaviors and helping a friend.

Available at: www.nationaleatingdisorders.org

The Famine Within. (1990). 90 min. Katherine Gilday. A documentary examining women's views of their bodies and the media's role in fueling their insecurities. Features testimonials from individuals with eating disorders, children, career women, dancers, athletes, models and more.

Available at: www.filmakers.com

In Our Own Words: Personal Accounts of Eating Disorders. (1993). 30 min. Rev. Steven Emmett, Ph.D. For college students and adults. Several women, one man, and a mother who lost her daughter to anorexia provide a first-hand look at what it feels like to have anorexia and bulimia.

Available at: www.gurze.com.

Killing Us Softly III: Advertising's Images of Women. (2000). 34 min. Jean Kilbourne. This video summarizes 20 years of media critiques and examines new methods the media has developed to sell gender stereotypes and unrealistic body ideals.

Available at: www.mediaed.org

Perfect Illusions: Eating Disorders and the Family. (2002). 90 min. Peggy Case. The dramatic experiences of four families whose lives have been impacted by eating disorders.

Available at: www.Channel9store.com

Pregnancy and Eating Disorders. 28 min. Films for the Humanities and Sciences. A specially adapted Phil Donahue program which brings together pregnant women suffering from eating disorders and a physician, who explains the effects of eating disorders on these women and their babies and where they can go for help.

Available at: www.films.com

Prevention Puppet Program. (2001). 57 min., NEDA. For grades K-5, the video utilizes life-size puppets to engage children's imagination and understanding of important social issues. (Activity and discussion guide included).

Available at: www.nationaleatingdisorders.org

Puppet Strings. (1997). 20 min. NEDA. A compelling video for college and adult audiences with 5 vignettes examining various aspects of eating disorders. (Includes facilitator's guidebook).

Available at: www.nationaleatingdisorders.org

Recovering Bodies. (1997). 34 min. Media Education Foundation. The stories of seven college students illustrate the range of pressures which can lead to disordered eating, and the physical and psychological effects of eating disorders.

Available at: www.mediaed.org

Reviving Ophelia. (1998). 38 min. Mary Pipher, Ph.D. Discusses the challenges facing today's teens, especially females, and the role of media and pop culture in shaping their identities.

Available at: www.mediaed.org



Self-Image and Eating Disorders: A Mirror for the Heart. (1994). 24 min. For individuals with eating disorders and their loved ones. Provides collection of inspirational testimonials from women recovered from anorexia and bulimia, a professional and a husband of one of the women.

Available at: www.gurze.com

Skin Deep. (1993). 26 min. Disney Educational Productions. For middle and high school students. The story of two friends, Kim and Jennifer, who are both swimmers and dissatisfied with their bodies. While Kim develops an eating disorder, Jennifer finds help from a surprising source.

Available at: dep.disney.go.com

Slim Hopes. (1995). 30 min. Jean Kilbourne. An in-depth analysis of how women's bodies are depicted in advertising images and the devastating effects of those images on women's health.

Available at: www.mediaed.org

This is Your Life! - Video Kit. (1999). 54 min. Foodplay Productions. For grades 4-9. A fun and thoughtful tool for teaching media literacy and helping adolescents make healthy choices regarding nutrition, fitness, body image, and eating disorders.

Available at: www.gurze.com

Tough Guise: Violence, Media and the Crisis in Masculinity. 1999. 82 min., by Jackson Katz. Offered by the Media Education Foundation, www.mediaed.org. The first educational video aimed at high school and college students that deals with the social constructions and depictions of masculinity in the 21st century.

What a Girl Wants. (2001). 33 min. Elizabeth Massie and CHC Productions. A half-hour examination of how the media represents girls, as told by girls themselves.

Available at: www.mediaed.org

When Food Becomes an Obsession: Overcoming Eating Disorders. (1994). 28 min. Susan Luftman and Eric Marciano. For students, families, and community presentations. Follows the journey of a girl struggling with anorexia and her family from sickness to recovery and beyond.

Available at: www.gurze.com

Feature Length Films

Real Women Have Curves. (2002). 84 min. Patricia Cardoso. Rated PG-13. Ana is Mexican-American, freshly graduated from high school, has her first boyfriend, and is full-figured. As she struggles to define her identity, she learns that real women take chances, have flaws, embrace life, and above all have curves!

Connie and Carla. (2004). 98 min. Michael Lembeck. Rated PG-13. A mob mix-up in Chicago sends two dinner theater performers running for L.A. where they score a perfect gig: posing as drag queens on the dinner theater/cabaret circuit. In an art form about being true to one's inner beauty, Connie and Carla found their haven.

Circle of Friends. (1995). 103 min. Pat O'Connor. Rated PG-13. Tells the story of three young women and best friends attending college in Ireland and their encounters with life, men, school and family matters. Bennie, who is somewhat curvy and plain-looking seems to have found her ideal man, the handsome star of the rugby team, but events conspire which may ruin their happiness.

Girlfight. (2000). 110 min. Karyn Kusama. Rated R. Diana, without her father knowing it, trains as a boxer and achieves impressive success, blazing new trails for female boxers.

