



Curriculum on healthy body image and eating disorders



Many educational resources are available for each school age group and can be incorporated into school health education classes about healthy body image and eating disorders. Some of these materials have a small cost associated with them; others are available for free. We list both here. Those that are available for purchase can be obtained through the National Eating Disorder Associations online store and others through Discovery Education. Details about each curriculum set can be found at the respective Web sites. Those curricula that are free are available on the Internet.

Free curriculum and resources

Entering Adulthood: Looking at Body Image and Eating Disorders

A Curriculum for Grades 9-12. Contemporary Health Series. 1991. Susan Giarratano

http://www.eric.ed.gov/ERICWebPortal/custom/portlets/recordDetails/detailmini.jsp?_nfpb=true&_&ERICExtSearch_SearchValue_0=ED329840&ERICExtSearch_SearchType_0=no&accno=ED329840

Dying to be Thin: PBS Video and Teaching Resources

Available from the PBS at <http://www.pbs.org/wgbh/nova/thin/>. This includes a video (first debuted on television on the NOVA program) that is free for viewing online. The video typically takes at least two class periods. The Web site also includes many other related resources, including discussion questions and a lesson plan that includes using some math skills. Lessons are tied to National Science and Health education standards.

The Discovery Education site also has some good resources that are also tied to national standards.

Discovery Education

This Web resource, <http://school.discoveryeducation.com/>, is part of the Discovery Channel resources, and provides many materials and resources on eating disorders and healthy body image and nutrition, many of which are free or (such as those that include a video) have a nominal cost. Use the search box at the site and enter the term “eating disorders” to find many curricula. Lessons are tied to National Science and Health education standards

Resources for a fee

The National Eating Disorders Association online NEDA Store <http://cart.nationaleatingdisorders.org/> carries the following:

5-Day Lesson Plan on Eating Disorders: Grades 7-12 (\$65.00)

Subjects cover weightism, body image, cultural basis for body dissatisfaction and drive for thinness, prejudice, dieting, the nature and facts about eating disorders, warning signs, prevention, how to help friends, and community resources. Michael Levine, PhD & Laura Hill, PhD.

GO GIRLS! (\$65.00)

GO GIRLS! (Giving Our Girls Inspiration & Resources for Lasting Self-Esteem) is a curriculum that focuses on enhancing young women’s self-esteem and functions as a training program to create and empower savvy media advocates.

Healthy Body Image Second Edition: Teaching Kids to Eat and Love Their Bodies Too (\$65.00)

Newly revised and bound in paperback book format with duplicate tear-out sheets for copying! In eleven carefully planned lessons, Healthy Body Image uses age-appropriate prevention principles to teach prepubescent children to develop an identity based on inner strengths rather than appearance, and resist unhealthy cultural pressures. Kathy Kater, LSW.

Just for Boys (\$35.00)

Just For Boys curricula helps boys build resilience and teaches them skills so that they can deal with these stressors in a healthy way. It does this by helping boys develop a strong sense of self and learn emotional literacy, anger management, and communication skills. It broadens the definition of what it means to be male and helps boys create a life of balance and interconnectedness that includes making a contribution to their families and to their communities. Just For Boys can be used with boys in different stages of adolescence. Sandra Friedman, B.S.W.

Just for Girls (\$35.00)

A preventive program guide for teachers to help girls in grades 6 through 7 safely navigate the rocky road through adolescence. The manual focuses on healthy eating, coping with stress, the impact of self-image, gender, and culture on self-esteem. Sandra Friedman, B.S.W.



Packet: Comprehensive Prevention & Awareness Materials (\$10.00)

This curriculum packet for Grades K-12 includes a collection of educational materials created for duplication and distribution, including basic facts; causes; health consequences; treatment; statistics; prevention tips for parents; prevention and early intervention for men and boys; how to help a friend with eating and body image issues; what to say; body image; tips for kids; 20 ways to love your body; understanding dieting risks; prevention guidelines; tips for becoming a critical viewer of the media; faculty and student guidelines for meeting with and referring students; and more!

Packet: Early Childhood Prevention (\$5.00)

A set of presentation guidelines for elementary school educators, including directions; background educational materials for presenters; prevention guidelines and strategies; presentation outline to expectant parents and families; early childhood body awareness for pre-schoolers; girl and boy body image drawings; sample letter to parents; prevention tips for parents; articles for parents; and a suggested reading list for elementary school students.

Packet: NET - Nutrition Education & Training (\$3.00)

Curricula for Grades 4 and 5 contain 3 lesson plans covering positive body image, growth, and nutrition with a leaflet for parents.