

# Every BODY's Perfect



## *Eating Disorder Awareness and Prevention Interest Project Patch*

### **SKILL BUILDERS**

1. There is much misunderstanding about eating disorders today. Learn more about the different types of eating disorders and their symptoms. Find out some main causes of eating disorders in society, family, and the individual.
2. Make a "me" poster that celebrates your personality and interests, rather than your body. Include everything you like to do and like about yourself. Or, make an "I" wheel. "I" should be encompassed by LIKE, AM, WANT, NEED, DISLIKE, CAN. Fill in the empty spaces with pictures, words and symbols. Then share your poster with peers.
3. Americans spend more than 30 billion dollars a year on diet related products, yet 95% of those that lose the weight gain it back. Meet with a nutritionist or attend a workshop to discuss the dangers and myths about dieting. Find out how dieting hurts your body and stunts growth for teenagers. Learn about your 'set point' and proper eating.
4. Talk to a nutritionist or attend a workshop about a healthy diet for growing teenage girls. Learn the definition of 'normal eating' and the importance of carbohydrates, protein, and fat. Make a nutritious snack and play a nutrition game to help learn more about eating well. Some suggestions are Nutrition Taboo, Scattogories or Pictionary.
5. Stress affects everyone, and different people deal with stress in different ways. Learn how to handle stress using positive coping skills. If possible, try yoga or meditation with a yoga instructor or therapist. Commit to one week of presents you will give yourself to de-stress. Then, fulfill these promises to yourself!
6. Keep a journal for at least one month. Write in it for ten minutes everyday. What happened that day? What was the best thing that happened? The worst? How did you feel? This journal is solely yours, no one else has a right to look at it.
7. We often feel one way yet show we feel a different way. For example, you may feel sad and left out if your friends had lunch without you, but you show that you are very angry with them. We also sometimes pretend to be someone we're not to 'fit in'. Create a "feelings" box. Decorate the inside with how you really feel, what you really think, and the REAL YOU inside. Then, cover the outside with what you appear to feel or be to others. Explain the box to your troop or group.

## **TECHNOLOGY**

8. Barbie has been a favorite doll for many American children for over fifty years, yet her body proportions are unrealistic. Find out about the influence of media on body image in the U.S. Compare and contrast five or more ideals for women's bodies throughout history and around the world. Discuss your findings with a group. Do you respect people more for their looks, personality or lifestyles?
9. For one week, watch TV or look at magazines everyday. Record what ads say about body shape or collect magazine ads and write the messages they convey. Design your own TV or magazine ad that sends a positive message of body image.
10. Browse the Internet for treatment centers and organizations for eating disorders. Create a flyer that lists these resources and hang it up at your school, post office, or another public place.
11. Learn about medical complications and dangers of eating disorders. Talk to a registered nurse or other health professional familiar with the genetic factors, early physical signs, potential medical complications, and common uses of medication.

## **SERVICE PROJECTS:**

12. Create a presentation of posters about eating disorders awareness and prevention and display it at your local library or community center.
13. Participate in a letter writing campaign against the distorted portrayal of women in the media.
14. Put together a puppet show or play that teaches younger girls about positive body image.

## **CAREER EXPLORATION:**

15. Interview a therapist, nurse, psychiatrist, or person who treats eating disorders and learn about her job.
16. Find out about types of treatment programs available for those who want help to recover from an eating disorder.
17. Read two autobiographies or biographies of women who have worked with eating disorders.

## **BOOK SUGGESTIONS:**

- ▶ Hunger Pains, Mary Pipher, Ph.D.
- ▶ Anorexia Nervosa, Patricia Stein, RD, MA and Barbara Unell
- ▶ Reviving Ophelia, Mary Pipher, Ph.D.
- ▶ The Girl Within, Emily Hancock, Ph.D.
- ▶ Perfectionism, Miriam Adderholdt-Elliot, Ph.D.
- ▶ My Body/My Self, Kathy Bowen-Woodward, Ph.D.

## **ORGANIZATIONS:**

- ▶ Eating Disorders Awareness and Prevention (EDAP)
- ▶ American Anorexia and Bulimia Association (AA/BA)