



# Eating Disorders & Body Image Definitions & Discussion Questions

**Body Image:** How we think about or perceive our physical appearance.

**Negative Body Image:** Feelings of dissatisfaction, shame, low confidence or anxiety that come with a distorted view of one's body; related to increased levels of depression, isolation and eating disorders.

**Positive Body Image:** Accurate perception of body shape and size; feelings of confidence and comfort in one's body, just as it is.

**Eating Disorder (ED):** A mental health illness related to abnormal eating habits and distorted body image, which cause significant emotional and physical health problems and an increased risk of death.

## Positive Body Talk Quiz

1. What do you like about the way you look?
2. What does your body talk sound like?
3. How do you talk back to negative body talk?
4. When is your body talk positive? When is it negative?
5. Who do you compare yourself to that makes you feel positive and negative?
6. How does social media influence your body talk?
7. How do you feel when your friends use 'fat talk'?
8. What ways can you appreciate your body for how it looks and what it does for you?



## Critical Thinking Section

### Students:

- Is your body talk positive or negative? How does that feel?
- Have you ever been tempted to use unhealthy weight loss methods?
- Have you ever been bullied or teased about your weight? How did you cope with that?
- Do you objectify your body or other people's bodies? How does that affect you or them?
- How did you handle the changes your body went through during puberty?
- What kinds of food do you eat? Are you concerned about unhealthy eating habits?
- Does food addiction exist?

### Average Age of Onset

Why do you think the ages when youth begin to use unhealthy weight loss methods or eating habits is getting younger?

	GIRLS	BOYS
<b>Dieting</b>	8-9	10-11
<b>Obesity</b>	10-11	11-12
<b>Binge Eating</b>	12-13	12-13
<b>Binge Eating Disorder</b>	13-14	13-14

**Activity Challenge:** Watch the Dove Real Beauty Sketch and When Strangers Get Real About Body Image videos, and share your thoughts and feelings about body image pressures.

<https://youtu.be/litXW91UauE>

<https://youtu.be/xBEp00lhNVQ>

### Staff & Family:

- What does your body talk sound like? Does your body talk affect your kids or students?
- How do you model healthy eating habits to youth?
- What are your rules and limits regarding sugar dense/high calorie foods?
- What are your kids or students feelings about their body? Do they have a positive or negative body image?
- Have you spoken to your kids about unhealthy dieting methods, such as vomiting, taking diet pills or fasting? Why?
- Do you know someone who has an eating disorder? What treatments are available for ED?