



LOOK OUT FOR

**Signs of anorexia include:**

- Eating less and less.
- Losing a lot of weight very quickly.
- Growing more body hair (usually girls).

**Signs of bulimia include:**

- Eating too much in one go.
- Going to the toilet after eating to be sick.
- Sore throat and mouth infections.



WHAT NEXT

**If you have an eating disorder:**

- It's hard to cope with an eating disorder alone - talk to someone you trust.
- Get help from your doctor; you can ask someone to go with you if you are worried.
- Remember that the sooner you get some help, the easier it will be for you to deal with your problem.

**If a friend has an eating disorder:**

- Tell them that you're worried and that you're there for them.
- Encourage them to see their doctor.
- Set a good example and show your friend how important it is to have a healthy diet.



CONTACTS

- Connexions Direct 080 800 13 2 19 [www.connexions-direct.com](http://www.connexions-direct.com)
- [www.b-eat.co.uk](http://www.b-eat.co.uk) 0845 634 7650
- [www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk) 0845 4647
- [www.need2know.co.uk](http://www.need2know.co.uk)
- [www.teenweightwise.com](http://www.teenweightwise.com)
- [www.thesite.org](http://www.thesite.org)
- [www.channelmogo.org](http://www.channelmogo.org) go to 'Need some advice' and the 'Health section'

# Eating disorders and BODY Image



*"It's important to like people for who they are, rather than what they look like."*

Turn on the TV or flick through a magazine and chances are you'll see pictures of size zero celebrities staring back. This might affect your body image and could make you feel bad about yourself or that you should try to change the way you are.

Many young people who are perfectly normal and healthy feel that they don't look 'right' because they are comparing themselves to role models such as pop stars, models or other celebrities who are often skinny. If you do feel that you are overweight, talk to an adult you can trust and try to find out more about healthy eating and exercise.

It's a good idea to eat well and stay a healthy weight but some young people can develop an eating disorder. Make sure you talk to an adult or friend you trust to get the help you need.

The two main types of eating disorders are Anorexia Nervosa, which is when you starve yourself, and Bulimia Nervosa, which is when you make yourself sick after you eat or take laxatives. They are both very bad for you.

**Four facts about eating disorders:**

1. An eating disorder is serious.
2. An eating disorder is not a dieting craze.
3. An eating disorder is not attention seeking.
4. An eating disorder is an illness.

