



Eating Disorders 101

For Educators and Students

Awareness. Which students are affected by eating disorders?

Education. How dangerous are eating disorders?

Intervention. What kind of help do your students need?

Prevention. How can you minimize the risk of eating disorders?

Track One: EDUCATOR

Suggested Venue: Professional Learning Day, Educator In-Service, Conference

Topics Covered: 4 Major Categories of Eating Disorders, Warning Signs & Triggers/Current Diagnostic Criteria, Biology & Sociology of Eating Disorders, Treatment Options, Principles & Stages of Recovery, Eating Disorders Treatment from a Survivor's Perspective

Track Two: STUDENT

Suggested Venue: Campus-wide program, In-class presentation

Topics Covered: Shannon's Story, Definitions of Common Eating Disorders, Warning Signs & Triggers, Body-image & Self-Esteem: DNA vs. the Media, Getting Help for Yourself or a Friend, What 'Recovery' Really Means

Eating Disorders 101: Awareness. Education. Intervention. Prevention.

40% of fourth graders have already been on a diet. The #1 wish of girls 11-17 is "to be thinner". The #1 physical ideal chosen by boys 11-17 is only possible to achieve with the use of steroids. Eating disorders are the #1 cause of mental illness-related deaths in females ages 12-15. *When is it going to stop?*

NOW. Today. With me. And You.

To schedule this event, call us at 713-777-6003 or send an email to rgc@key-to-life.com



Shannon Cutts is the author of *Beating Ana: How to Outsmart Your Eating Disorder and Take Your Life Back* and the founder/director of *MentorCONNECT*, the first global eating disorders mentoring community

MentorCONNECT 
Relationships Replace Eating Disorders

key-to-LIFE.com
unlocking the door to hope