

WOULD YOU SPOT THE SIGNS OF AN EATING DISORDER?



Teachers play a vital role in recognising early signs of eating disorders.

The signs don't always include weight loss: changes in mood, behaviour and school life can be just as important to notice. Spotting changes early can make a big difference to a student's wellbeing.



School and social life

- Withdrawing from group work or sitting alone.
- Difficulty concentrating or seeming distracted.
- Increased absences or reluctance to take part in PE/sports.

Physical signs

- Sudden weight changes.
- Looking tired, feeling dizzy, or always feeling cold.

Unusual Eating/Exercise Habits

- Skipping meals or avoiding food socially.
- Excessive exercise.

Emotional Changes

- Anxiety around food, negative self-talk, mood swings.
- Perfectionism.



KNOW THE SIGNS

What can I do to help?

Stay observant: if you notice concerning behaviours, make a note.

Be supportive: approach the student with care and without judgement.

Get the right help: involve your safeguarding/pastoral team and parents or guardians.

Promote positivity: encourage healthy attitudes to food, self-esteem and body image in class.



Eating disorders can affect anyone, and early support can make a big difference.

If you're worried about a student or need advice, please do contact **Renew Counselling and Training** for a chat. We're an Essex mental health charity with over 120 years of experience in supporting children, young people and adults.

Thanks to support from **The Prudence Trust and Stone Family Foundation**, we now offer fully funded counselling in Chelmsford, Basildon, and Brentwood for young people struggling with food and body image. You can reach us via the details below - just mention **YP Re-Ed** when you get in touch.

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