

Eating Disorder Awareness Training

Useful for PSHE curriculums

Training for children and young people within an educational setting

Mind Your Health Ltd are excited to provide a new programme of workshops for children and young people.

The training has a rounded approach to the subject matter, with the focus being on what it means to have a healthy relationship with food, body, size and shape.

It will also be an environment where the instructors break down and challenge many of the myths there are around the subject matter.

The course covers the modules below:

- What is mental health?
- Physical health vs. Mental Health?
- What is normal eating?
- Body image pressures – male & female
- Myths around weight loss, gain and maintenance
- What does it mean to be healthy?
- Impact of social media & culture
- How to talk about our emotions
- Building resilience
- Seeking support



Course delivery

We recommend that this course be taken from Year 8 upwards. The delivery is an informative workshop, that encourages the children and young people to be involved in the discussions and content throughout the course.

Our instructors for children and young people are DBS-checked, accredited therapeutic counsellors with a specialism in Eating Disorders, body image and self-esteem issues.

- ✓ 90 minutes to 2 hours
- ✓ In-person or online delivery
- ✓ Groups of 25 or open to discussion