

EATING BEHAVIOUR & BODY IMAGE

Resource List for Schools

STUDENT, TEACHER, PARENT RESOURCES

1. BOOKS – PREVENTION (for Teachers, Parents and Students)

Numbered items are available on loan from the Community Nutrition Unit ph 6222 722. This is their catalogue number.

(1134) Real Gorgeous: The Truth About Body and Beauty

By Kaz Cooke (Allen and Unwin, 1994)

A humorous and informative book on how young people can cope with today's pressures about body and beauty.

(520) Am I Fat : Helping Young Children Accept Differences in Body Size.

By J Ikeda and O Naworski (ETR Associates, 1995)

Classroom and home activities teaching size acceptance.

(627) How Schools can help combat Student Eating Disorders (1987) & Preventing Eating Disorders: a handbook of intervention and special challenges (1999)

By Michael Levine, N. Piran (Brunner-Mazel/Taylor-Francis Group, Philadelphia, 1999)

A comprehensive review into prevention and intervention approaches.

(916) Body Image and The Role of Fitness Instructors

By Body Image Health Inc & VicFit (2001)

(1304) Good Enough to Eat: a Coaches Guide to Addressing Body Image & Eating Issues Among School-Aged Athletes

By Education Queensland (2001)

Challenging Macho Values - practical ways of working with adolescent boys

bb J. Salisbury & D. Jackson (Falmer Press Great Britain, 1996)

(520) Am I Fat: Helping Young Children Accept Differences in Body Size

By J. Ikeda & O. Naworski (ETR Associates, 1995)

Provides classroom and home activities teaching acceptance of children of all sizes.

(521) Preventing Childhood Eating Problems

By J. Hirschmann and L. Zaphropoulos

(Gurze Books, 1993)

Offers an approach to raising children (from infancy to adolescence) free of food and weight concerns. It also covers Anorexia, Bulimia and Compulsive Overeating.

(795) Afraid To Eat : Children and Teens in Weight Crisis

By Frances M Berg (Healthy Weight Journal, 1997)

Provides background information on the cultural pressures young people face and offers guidelines for parents' teachers and health workers to promote healthy growth and well-being in children.

(1067) The Body Snatchers: how the media shapes women

By Cyndi Tebbel (Finch Publishing, 2000)

Uncovers how the media, fashion and diet industries shapes females self image and encourages women to challenge society's preoccupation with the 'ideal' body.

Gender Up Front – strategies for a gender focus across the key learning areas

By J. Naler (ed) (Australian Gov Publishing, 1997)

PO Box 229 SANDGATE QLD 4017

Ph (03) 3869 3433

Detailed teaching and learning units in 6 key learning areas.
Cost: \$50.00

(1057) Secrets of Feeding a Healthy Family
(Kelcy Press, 1999)

(821) How To Get Your Child to Eat But Not Too Much (Bull Publishing, 1987)

By Ellen Satter

Website: www.ellynsatter.com

Explores how parents can help their child eat well, while avoiding battles over food and eating problems. In addition, the 1999 book gives information on menu planning, shopping and cooking for a family.

(1060) The Diet Dilemma Explained

By Rosemary Stanton (Allen and Unwin, 2000)

Explores the myths and impact of dieting and alternative healthy eating and activity habits.

A Weight Off Your Mind

By Hilary Tupling (Bantam Books, 1991)

Explores why we eat what we eat; strategies to make long term changes to lifestyle, including good nutrition and food ideas.

(461) You Count, Calories Don't

By Linda Omichinski (Tamos Books, 1992)

Outlines a self esteem approach to enjoying healthy living (eating, activity and self acceptance).

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Diet and Health

By Ida Weekes (Wayland Publishers - Teen Scene Series)
Covers activity and food choices for good health, dieting and eating problems and alcohol and drug issues.

Molly's hair

By E. Damon & C. Thomas (Lothian Pty Ltd, 1996)
A sensitive story for under 8's which says to children that they are valued for who they are not what they look like.

Belinda's Bouquet

By Leslea Newman (Boston: Alyson Publications 1991)

(801) Fat Chance

By Leslea Newman
This book is for children aged 8-13. Written in a diary form, it approaches topics of eating disorders, dieting, and self-esteem.

Fat Girl Dances with Rocks

By Susan Stinson (Spinsters Ink, 1994)
A story of Char, a large teenage girl coming to terms with her own body and life.

2. LEAFLETS & BOOKLETS (for Teachers, Parents and Students)

Numbered items are available on loan from the Community Nutrition Unit. This is their catalogue number.

Body Talk: celebrating our natural sizes

Community Nutrition Unit
3RD Floor, Peacock Building
Repatriation Centre
90 Davey St HOBART TAS 7001
Ph (03) 62 22 7222 Fax (03) 62 22 7252
A leaflet for teenage girls and women on body image and eating.
Free in small quantities.

(1054) Are You Worried About Your Weight, Size, Shape or Looks? Or is Your friend?

(Booklet from Risky Business (CD ROM)
Equity Programs Unit, Education QLD
PO Box 33 Albert St BRISBANE QLD 4002
Ph (07) 3235 4220 Fax (07) 3237 1175
Website: <http://education.qld.gov.au/tal/equity>
The leaflet is a part of the CD Rom resource Risky Business (see below). The leaflet discusses the impact of popular culture and how to increase self esteem, warning signs for eating problems and how to help a friend with a possible problem. It can be obtained from the CD Rom or off the website above.

(1376) Information about Eating Disorders for Families, Partners and Friends

Eating Disorder Foundation of VIC
1513 High Street GLEN IRIS VIC
Ph (03) 9885 0318 Fax (03) 9885 1153
Email: edfv@eatingdisorders.org.au
A guide for families, partners and friends of those with anorexia or bulimia nervosa. It includes family survival strategies, how to approach someone with an eating disorder, getting professional help, communication, issues for siblings and providing ongoing support.
Cost: \$7.00 + \$1.00 postage

What is an Eating Disorder?

Commonwealth Dept of Human Services and Health
PO Box 652 WODEN ACT 2606
Fax (06) 289 8299
A leaflet that gives information on the symptoms, causes, effects and treatment of eating disorders.
Free.

(1054) Supporting Students with Eating Disorders - what schools can do.

(Booklet from Risky Business (CD ROM)
Equity Programs Unit, Education QLD
PO Box 33 Albert St BRISBANE QLD 4002
Ph (07) 3235 4220 Fax (07) 3237 1175
Website: <http://education.qld.gov.au/tal/equity>
The leaflet is a part of the CD Rom resource Risky Business (see below). The leaflet outlines support strategies within the school environment, curriculum and when working directly with students. It can be obtained from the CD Rom or off the website above.

1. Eating Disorders: What's the Story 2. Understanding Eating Disorders & 3. Information on Eating Disorders for Health Practitioners

Eating Disorder Foundation of VIC
1513 High Street GLEN IRIS VIC
Ph (03) 9885 0318 Fax (03) 9885 1153
Email: edfv@eatingdisorders.org.au
Useful educational leaflets / booklets on eating disorders.
Cost: 1 \$0.15c / 2 & 3 \$3.00

Healthy Eating for Teenagers

Australian Dairy Corporation
Locked Bag 104 Flinders Lane VIC 3207
Ph 1800 817 736 Fax 1800 245 048
Advises teenagers on healthy eating with information on activity, body image, calcium/iron and vegetarianism.

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You Are What You 8

ACT Health & Community Care
1 Moore Street GPO Box 825
CANBERRA ACT 2601
Ph (02) 6205 1587 Fax (02) 6205 1162
A leaflet that gives 8 simple tips for healthier eating habits for adolescents and teenagers.
Cost: \$0.30c

Cost: Free in small quantities

The Australian Guide to Healthy Eating

Commonwealth Department of Health & Family Services, 1998
Ph 1800 020 103 (ext 8654)
Email: phd.publications@health.gov.au
Website:
www.health.gov.au/pubhlth/strateg/food/guide/
Gives practical advice on how to plan a balanced and healthy eating plan based on the diet pyramid.
Cost: Free

3. KITS (FOR CLASSROOM & SCHOOL ACTIVITIES/STRATEGIES)

Numbered items are available on loan from the Community Nutrition Unit. This is their catalogue number.

(1054) Risky Business (CD ROM and booklets)

Equity Programs Unit, Education QLD
PO Box 33, Albert Street BRISBANE QLD 4002
Ph (07) 3235 4220 Fax (07) 3237 1175
Email: louise.ireland@qed.qld.gov.au
Website: <http://education.qld.gov.au/tal/equity>
CD Rom resource providing schools a comprehensive professional development package on body image, gender, eating, exercise issues. It also contains cross-curricula strategies suitable for classroom use. It addresses issues faced by males and females, has a comprehensive resource list and a leaflet for students and teachers about supporting students with eating and body image concerns at school.

(770) Totally Gorgeous (Mac/Windows CD Rom)

Film Australia Ltd
PO Box 46 LINDFIELD NSW 2070
Ph (02) 9413 8777 Fax (02) 9416 9401
CD Rom resource for upper primary and secondary students. It provides a funny and informative look at body image for girls and boys through:

- interactive games
- video footage, photos, animated cartoons
- updated text of Real Gorgeous, including issues affecting boys.
- Teachers notes

Also available from book stores and computer shops.

(797) Nobody is Perfect : Teaching and Learning about Body Image and Gender

NSW Dept. School Education 1997
EDUSALES PO Box 218 BANKSTOWN NSW 2200
Ph (02) 9793 3086 Fax (02) 9793 3242
Classroom resource package for males and females linked to Personal Development, Health and Physical Education and English curriculum. It also provides strategies for supporting whole school approaches to implementing the NSW Dept Student Welfare Policy and Gender Equity Strategy.

(164) Body Basics Kit

C/- Packcentre 323 Paramatta Road AUBURN NSW 2222 Ph (02) 748 2040
A teacher resource kit for years 7 - 10 that links with the National Health and Physical Education Statement and Profile. The kit contains a 45 minute video (covers nutrition, growth, exercise and body image); student lessons and activities; food and nutrition games and question cards.
Also available for loan from:

- Family & Child Health Services Ph (03) 6222 7633

(571) Breaking the Mould: Beyond Media Images (promotes critical analysis of portrayal of women in the media)

MediaSwitch PO Box 1321 TOOWONG QLD 4066
Ph (07) 326 60821
Provides classroom activities and background information to promote community and student action on the portrayal of women in the media.

(1005) Getting Gorgeous

by T.Capetola & M. Sheehan
Deakin University, 1999
Website : <http://www.hbs.deakin.edu.au/gorgeous/>
Provides a 16 week experiential & interactive teaching program for high school girls promoting positive body image. It utilises creative, physical and reflective strategies.

(1160) Exploring Eating Issues with Young Women in Schools

by Elizabeth Gwynne
(Queensland University of Technology and ISIS, 2000)
ISIS Ph (07) 3848 3377
Provides evaluation and session outlines for school based programs to support young women who show early signs of body dissatisfaction and disordered eating.

(1260) SHAPES, Body Image Program Planning Guide.

Department of Human Services Victoria.
Provides tools for planning, implementing and evaluating body image prevention and intervention programs within school communities. It also provides up-to-date information on risk and protective factors for body image and a review of evaluated body image projects.
Free of charge from Community Nutrition Unit, DHHS

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3. KITS (continued)

(576) How To Beat the Body Police Workbook

Anorexia Bulimia Nervosa Assn Inc (South Australia)
Woodards House, 2nd Floor 47 - 49 Waymouth St
ADELAIDE SA 5000
Ph (08) 8212 1644

Provides activities for teenagers to explore diet, weight and appearance issues. The activities are suitable for high school students and are designed to increase awareness of the issues, give skills to critically analyse societal messages and strategies to enhance body image.

(1066) Creative Group Work Strategies

ISIS Centre for Women's Action on Eating Issues
625 Fairfield Rd Yeronga QLD 4104
Ph (07) 3848 3377

Website: www.isis.org.au

The manual provides interactive, creative and experiential activities that explore body image and eating behaviour for young women. Can be adapted for high school and college.

(636) Teacher Training Program on Eating Disorders & Body Image Dissatisfaction

By Alice Morgan (1996)
Eating Disorder Foundation of Victoria
Ph (03) 9885 0318

Email: edfv@eatingdisorders.org.au

Outlines a one day PD program for teachers on eating disorders.

The VCE Resource Kit (for students)

Eating Disorder Foundation of Victoria
Ph (03) 9885 0318

Email: edfv@eatingdisorders.org.au

Prepared primarily for students in upper high or college, it is helpful for any person wanting a wider perspective on eating disorders. Material includes articles on anorexia, bulimia, the dangers of weight reduction dieting and obsessive exercise, peer/media pressures, body image and changes in the "ideal" shape of women during different eras.

(638) Reflections - a resource manual on body image and young women's eating issues

YWCA PO Box 4586 KINGSTON ACT 2604
Ph (06) 239 6878

The kit is a guide and resource for facilitators working with young women around body image issues. It contains information on workshop facilitation, activities and background resource material.

(1140) Unreal Images

NSW Health Department

The kit contains a video and workbook with activities, worksheets and handouts linked to Personal Development, Health and Physical Education and English curriculum for secondary students. It aims to assist students to develop critical media literacy skills so as to analyse images & messages about socially desirable male and female bodies in the mass media.

This kit is no longer available for purchase, but can be borrowed from the CNU.

(634) Teacher Resource Materials

Eating Disorder Foundation of Victoria
Ph (03) 9885 0318

Email: edfv@eatingdisorders.org.au

The kit contains articles, comics and resource information to assist high school teachers prepare lessons on eating disorders and body dissatisfaction. It can be used in conjunction with the Student Kit by ABNF Vic.

(574) "Why Weight?" Kit for Schools

Community Nutrition Unit
3RD Floor, Peacock Building Repatriation Centre
90 Davey St HOBART TAS 7001
Ph (03) 62 22 7222 Fax (03) 62 22 7252

Developed for schools in 1996 it aims to encourage staff and students to initiate school activities addressing eating and body image concerns. The kit provides background research, school activity ideas, handouts for students and parents and a resource list.

"Real Gorgeous: The Truth about Body & Beauty" Kaz Cooke 1994

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4. VIDEOS (FOR PROFESSIONAL DEVELOPMENT & CLASSROOM ACTIVITIES)

Numbered items are available on loan from the Community Nutrition Unit. This is their catalogue number.

Getting There...Recovery from Eating Disorders (35 mins, 2002)

Eating Disorder Foundation of Victoria
Ph (03) 9885 0318

Email: edfv@eatingdisorders.org.au

Features personal experiences of eating disorders with a focus on the recovery process.

Eating Disorders: the facts (25 minutes, 1996) Video Classroom

572a St Kilda Road MELBOURNE VIC 3004
Ph (03) 9510 3600 Fax (03) 9510 3988

An Australian video that gives information on eating disorders, dieting and body dissatisfaction. It examines causes, treatment and prevention and interviews your women with past eating disorders. Loan from State Library Ph (03) 6233 7481

(1373) Understanding Eating Disorders: a program designed to help family & friends (50 mins, 2001)

Allied Health Outreach Support Service
Toowoomba Hospital ph (07) 4616 6344

This video provides helpful background information for family & friends of a person with an eating disorder. It includes recognising an eating disorder, approaching and supporting someone with an eating disorder, seeking help and how eating disorders affect other people.

Pretty Stupid – Women’s Magazines and Body Image (20 minutes, 1995) VC Media

Ph (03) 9510 3600 Fax (03) 9510 3988

Looks at the constant pressure on young Australian girls to attain “the perfect body”. Includes input from magazine editors, a model agency and a dietitian. Teacher notes included.

Loan from State Library Ph (03) 6233 7481

Recovery Stories (30 min, 1993)

Eating Disorder Foundation of Victoria
Ph (03) 9885 0318

Email: edfv@eatingdisorders.org.au

Personal accounts of 2 people’s successful recovery from eating disorders.

Loan from Dept of Education, Media Library
Ph (03) 6233 7202

(561) The Famine Within (60 minute - short version) Ronin Films

PO Box 242 KINGSCROSS NSW 2 011
Ph (02) 361 4255 Fax (02) 361 4692

Examines the struggle with food and weight experienced by women in western culture and gives an analysis of the obsession with thinness and prejudice against fatness.

Also available for loan from:

- Dept of Education, Media Library Ph (03) 6233 7202
- Claremont College Library Ph (03) 62496 822

(597) Women: Challenge the Body Culture (10 min, 1997)

Melanie Page Rosny College Hobart

College women talk about their experiences & the impact of the media, fashion & diet industries on their body image & self esteem.

(561) Still Killing Us Softly/Thin Dreams (30 mins) National Film Board of Canada

Explores how advertising and the media encourage weight pre-occupation among young women in Canadian and western societies.

(771) This Is Us! (5 minutes, 1997)

Rosetta High School (Hobart) Equal Opportunity Group

High school girls share their thoughts about our size obsessed culture and the need to celebrate size diversity.

BOOKS FOR PEOPLE WITH AN EATING DISORDER AND THEIR FAMILY, FRIENDS & PARTNERS

Numbered items are available on loan from the Community Nutrition Unit. This is their catalogue number.

(1376) Information about Eating Disorders for Families, Partners and Friends

Eating Disorder Foundation of VIC

Ph (03) 9885 0318 edfv@eatingdisorders.org.au

A guide for families, partners and friends of sufferers. It includes family survival strategies, how to approach someone with an eating disorder, getting professional help, communication, issues for siblings and providing ongoing support.

(877) Eating Disorders - A Survival Guide for Families and Friends

By J. Ball and R. Ball (Doubleday Press, 1995)

Provides practical strategies for family and friends of people with eating disorders. Topics include: identifying the symptoms, confronting the problem, strategies to support recovery, addressing your own needs.

(944) Mary Jane - living through anorexia & bulimia

A Parent’s Guide to Anorexia and Bulimia

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nervosa

By Sancia Robinson (Random House Australia, 1996)
A woman's account of her journey through an eating disorder.

Surviving an Eating Disorder: strategies for families and friends

By Siegal, Brisman & Weinshel (Harper and Row)
Helps families and friends of people with an eating disorder understand the illness and gives practical advice for assisting with positive change.

Freeing Someone you Love from an Eating Disorder

By Mary Dan Eades (The Body Press)
Suggestions for holding the family together.

The Golden Cage. The Enigma of Anorexia Nervosa.

By Hilda Bruch (Vintage Books)
Seventy case studies illustrate possible causes & some successful treatments for anorexia. A classic text.

Treating and Overcoming Anorexia Nervosa

By Steven Levenkrow (Warner Books)
Clear and compassionate explanations written by a UK psychotherapist.

Eating Disorders

By Mary Pipher (Random House, 1997)
Topics include: background about eating disorders, strategies to address disordered eating and develop a healthier lifestyle, tips for parents to prevent eating problems in their children and seeking professional help.

Dying Not to Eat

By Kath de Bruin (Hybrid RRP, 1999)
A personal journey of recovery from Anorexia Nervosa.

The Body Betrayed: a deeper understanding of women, eating disorders and treatment

By Kathryn Zerbe M.D. (Gurze Books, 1999)

Your Dieting Daughter. Is She Dying For Attention?

By Carolyn Costin (Brunner/Mazel)
A revealing look at today's diets with a nutrition appendix and ideas to increase self esteem.

Males with Eating Disorders

Edited by A. Anderson, MD (Brunner/Mazel)

By Katherine Byrne (Owl Books)

A practical guide, which encourages parents to face problems in constructive ways.

(1001) Eating Disorders - The Facts

By S. Abraham and D. Llewellyn Jones
(Oxford University Press, 1993)
Information on anorexia, bulimia and obesity.

The Eating Disorders Source Book. A Comprehensive Guide to Causes, Treatment and Prevention of Eating Disorders

By Carolyn Costin (Lowell House)

(1028) Bulimia Nervosa and Binge-Eating – a guide to recovery

By Peter Cooper (Robinson LONDON, 1995)
A practical, self help guide for people with Bulimia or binge-eating.

Fighting Food: coping with eating disorders, anorexia nervosa and compulsive eating

By M. Lawrence and M. Dana (Penguin Press, 1990)
Explores the causes of eating disorders and the use of food to express inner conflict.

Overcoming Binge Eating: A New Scientifically Based Program.

Dr Christopher Fairburn (The Guilford Press)
UK expert explains bulimia and offers a self-help program.

Fighting With Food: Overcoming Bulimia Nervosa

By G. Huon and L. Brown (NSW University Press)
A step-by-step plan to fight bulimia, written by skilled Australian therapists.

Bulimia: A Guide for People with an Eating Disorder & Their Families

By Dr D. Haslam (Cedar Books)
Unravels the myths behind bulimia and helps set people with an eating disorder on the road to recovery.

Eve's Apple

By Jonathon Rosen (Granta Books)
Written by a partner of a sufferer.