

## **Workshops for Educators: Preventing and Addressing Body-Based Bullying**

At the National Eating Disorder Information Centre, we know about the harmful effects that pressures on appearance and body-based bullying can have on young people. One in seven Canadian teens, and 40% of 11 and 12 year olds, are teased about their appearance, making body-based bullying the most common form of bullying in today's schools. Body-based bullying can contribute to the development of eating disorders, which are the third most chronic illness amongst adolescent girls, and have the highest mortality rate of any mental illness.

At NEDIC we recognize that educators have an immense impact and have a great potential to influence their students. Our presentations can help you to equip educators with the tools to make a lasting impact and address these challenges. Our goal is to provide educators with the tools to offer support to students, and to assist in fostering a school culture that celebrates natural physical diversity. We deliver tailored presentations, providing educators with:

- An introduction to eating disorders and their warning signs;
- A look at eating disorder risk factors from a bio-psycho-social perspective;
- An introduction to eating disorder prevention;
- Hands-on strategies for addressing body image issues and building critical media literacy with young people;
- Tools and resources for addressing and preventing body-based bullying;
- Resources for helping students who may currently be experiencing food and weight preoccupation or an eating disorder.

### **About us**

The National Eating Disorder Information Centre (NEDIC) is a non-profit organization founded in 1985 to provide information and resources on eating disorders and food and weight preoccupation. To learn more about NEDIC, visit us online at [www.nedic.ca](http://www.nedic.ca) or call our toll-free national helpline at 1-866-633-4200 (416-340-4156 in Toronto).

**For more information, or to book a workshop, contact:**

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