



Interrupting Unsafe Conversations about Bodies, Food and Movement: At School



[NEDIC.CA/edaw/](https://nedic.ca/edaw/)



**Eating Disorders
Awareness Week
#EDAW2026**

If you hear:

“Wow, you’re eating all that? No wonder you look like that!”

Try saying this:

“That’s not cool! Other people’s bodies are not our business. Comments like that can really hurt”

Or this:

“We don’t make comments about anyone’s body. That’s disrespectful and goes against our school’s values. Let’s try to be a little more kind to one another”

If you hear:

“I’m developing an assignment for my class where students will keep a food and activity journal for a week and then calculate their BMI”

Try saying this:

“Students may not be comfortable tracking their food or sharing their BMI. What if we planned an alternative assignment that looks at overall health? I have a few ideas!”

Or this:

“Asking students to track and compare food intake could be harmful, but an assignment that focuses on enjoying a variety of foods based on their needs, preferences, culture, traditions and budget could work well”

If you hear:

“I’m worried about one of my students. They seem overweight. I’m concerned it’s affecting their health. Should we talk to them about it?”

Try saying this:

“I appreciate your concern. No, we shouldn’t talk about their weight. Instead, let’s consider how we can support their overall well-being – mental, emotional, spiritual, social and physical”

Or this:

“Our goal is to support students by promoting positive habits, self-esteem and respect. Rather than focusing on weight, let’s watch for signs of stress, disordered eating or other factors that could impact well-being”

Key Takeaways:

- **Use positive, body respecting language:** Protect students' confidence around food and body image. Avoid commenting on body size, shape or weight.
- **Promote a holistic understanding of health:** Discuss mental, emotional, cultural, spiritual and social well-being, not just physical.
- **Prevent and address bullying:** Body-based bullying should never be tolerated. Staff should respond to bullying immediately and reinforce respect.
- **Encourage respect and inclusion:** Create a culture where students feel valued and supported, regardless of body size or shape.

