

Avoid...

Including detailed descriptions of eating disorder behaviours and specific numbers

Examples: Exercise duration, Weight, Calories, BMI

Using language that praises or moralizes eating disorder behaviours

Example: "Her willpower and self-control are so admirable"

Describing the eating disorder as the person's possession or using the eating disorder to describe the person

Examples: "His eating disorder," "Anorexic," "Bulimic," Labeling weight loss/gain as "looking anorexic," "looking bulimic"

Using photos that imply that eating disorders will always have visible physical symptoms

Examples: Before vs. after photos, Pictures of emaciated individuals

Using language implying that eating disorders are a lifestyle choice

Example: "They chose to engage in certain behaviours"

Using stock images that are stereotypically associated with eating disorders

Examples: Empty plate, Measuring tape, Scale