



When the Scale Defines the Student: Understanding Eating Disorders

Course Description: Media has always had an impact on how citizens see themselves and interact with the world around them. Over the past several years however, with the additions of social media and streaming services, students are more immersed in media and its expectations than ever before. Poor body image, peer pressure, and marginalization are just a few of the many contributing factors in eating disorders among students. The concept of student voice has been raised more and more in the field of education. Today’s teachers and administrators are seeing an increase in students with specific mental health needs and unhealthy coping behaviors, including “extremes, developing abnormal eating habits that threaten their well-being and even their lives.” (American Psychological Association, 2017)

This course will cover the subject of eating disorders impacting students, and why educators should have a working knowledge of warning signs and intervention strategies. Participants will be guided through different eating disorders and causes and be given ideas on how to support students in their school who may be coping with eating disorders.

Clock Hours / Continuing Education Units: 5

Learning Objectives: Upon completion of this course, students will be able to:

- Identify the different types of eating disorders, as well as signs and symptoms
- Demonstrate an awareness of the role body image, media, and mental health plays in eating disorders
- Create a plan to encourage open conversations about issues related to body image, mental health and eating disorders in the classroom
- Develop strategies to support students who are coping with eating disorders

Course Requirements: To receive full credit for the course, participants must complete ALL assignments. Failure to complete all assignments will result in a non-passing grade

Getting Started:

- After registering for the course, you will be sent an email with the website address, password, and course key you need to access your online course, along with login instructions
- Access each assignment through the course home page. All assignments will be submitted through the Canvas platform on each respective assignment page.
- Save a backup copy of all course assignments and completed work.

Course Outline:

Lesson Number	Lesson Description	Clock Hours
1	Introductions and Overview: Take the time to get to know the class layout, read over the Help section, and review any other materials present in the class to get started. Take your time!	0.2 hours
2	What are Eating Disorders? – In this lesson, participants will read articles explaining what eating disorders are and highlighting some of the main classifications of eating disorders. They will also reflect on how eating disorders impact students.	0.6 hours
3	Anorexia Nervosa and Bulimia Nervosa – In this lesson, participants will read articles explaining the differences between the two most commonly known eating disorders, as well as signs and symptoms. Additionally, participants will be asked to complete a quiz on Anorexia Nervosa and Bulimia Nervosa and how to recognize warning signs in students.	0.6 hours

4	Other Specified Feeding or Eating Disorders – In this lesson, participants will explore both video and written resources on Eating Disorders Not Otherwise Specified (EDNOS). They are then assigned a quiz on EDNOS and how they can impact students.	0.6 hours
5	Binging – In this lesson, participants will review resources on binging and why it is so harmful, especially to students. They will also read some of the causes linked to binging, and how educators can support students who struggle with this eating disorder. After reviewing course materials, participants are asked to complete a quiz related to resources.	0.6 hours
6	Body Image & The Media – In this lesson, participants will be tasked with exploring different media outlet, and reflecting on their reactions to the portrayal of beauty and fitness.	0.6 hours
7	Marginalized Populations – In this lesson, participants will read articles and watch videos on the increased prevalence of eating disorders that marginalized populations experience. They will then complete a quiz on marginalized populations and the reasons they are at higher risk for experiencing eating disorders.	0.6 hours
8	Mental Health & Eating Disorders – In this lesson, participants will read about mental health issues that can coincide with eating disorders. They will also read on different treatments for eating disorders, focusing on those that have been the most impactful in studies. They will then take a quiz on unit resources and materials and how educators can support students with mental health issues and unhealthy coping mechanisms.	0.6 hours
9	Supporting Students – In this lesson, participants will read on the importance of supporting students coping with eating disorders. They will also read on strategies that educators can implement to start conversations in the classroom about eating disorders and how students can support each other. Last, they will take a quiz on best practices.	0.6 hours
	TOTAL HOURS	5 Hours

Student Requirements and Assessment: No outside materials will be required for the completion of this course.

Participants will be required to complete a series of electronic quizzes to assess their understanding. Participants can earn up to 40 points total for the course. Each quiz may be taken up to three times, with the highest score recorded in the final grade. All quizzes must be completed in order to earn credit.

Grading Scale:

100-80% (32-40)	Pass
79%-Below (<32 points)	No Pass

Student Requirements:

Americans with Disabilities Act: If you are a student with a disability and require any auxiliary aids, services, or other accommodations for this class, please email academy@iowasafeschools.org or call 515.381.0588.

Professional Development: Prior to purchasing a course registration, it is your responsibility to ensure that National Safe Schools Convening Online Academy coursework satisfies the license renewal requirements for your state and/or district.

Resources: The following resources were used in the development of this course:

The Oxford Handbook of Eating Disorders (Oxford Library of Psychology) 1st Edition W. Stewart Agras (Editor)

Description: *The Oxford Handbook of Eating Disorders* reviews current research and clinical developments through synthetic chapters written by experts from various fields of study and clinical backgrounds. Epidemiologic studies suggest that eating disorders are not only common but have increased in prevalence in recent decades, and this handbook refines and updates the state of research. The book is divided into four sections: phenomenology and epidemiology of the eating disorders, approaches to understanding the disorders, assessment and comorbidities of the disorders, and prevention and treatment. **ISBN-10:** 0195373626

The Eating Disorders Sourcebook: A Comprehensive Guide to the Causes, Treatments, and Prevention of Eating Disorders Carolyn Costin M.A. M.Ed. M.F.C.C. (Author)

Description: Anorexia, bulimia, binge eating, exercise addictions . . . these disorders can be devastating, but they are in no way unbeatable. Therapist Carolyn Costin, herself recovered from anorexia, brings three decades of experience and the newest research in the field together, providing readers with the latest treatments, from medication and behavioral therapy to alternative remedies. **ISBN-10:** 0071476857