



### **Links & Resources:**

Coach & Athletic Trainer Toolkit: [www.nationaleatingdisorders.org/coach-trainer](http://www.nationaleatingdisorders.org/coach-trainer)

Educator Toolkit: [www.nationaleatingdisorders.org/educator-toolkit](http://www.nationaleatingdisorders.org/educator-toolkit)

Girl Zone: [www.girlzone.com](http://www.girlzone.com)

Parent Toolkit: [www.nationaleatingdisorders.org/parent-toolkit](http://www.nationaleatingdisorders.org/parent-toolkit)

Teacher Resource: [www.nedc.com.au/files/Resources/Teachers%20Resource.pdf](http://www.nedc.com.au/files/Resources/Teachers%20Resource.pdf)

### **Programs & Handbooks:**

Body Esteem Handbook (targeted for middle school): [www.myedin.org/middle-school](http://www.myedin.org/middle-school)

Body Positive: [www.thebodypositive.org](http://www.thebodypositive.org)

The Body Project (targeted for high school): [www.bodyprojectsupport.org/home](http://www.bodyprojectsupport.org/home)

Butterfly Foundation: [www.thebutterflyfoundation.org.au](http://www.thebutterflyfoundation.org.au)

Full of Ourselves (targeted grades 4 - 6): [www.thecenternc.org/school-prevention-programs](http://www.thecenternc.org/school-prevention-programs)

Healthy Bodies (targeted grades 4 – 6): [www.bodyimagehealth.org/healthy-bodies-curriculum](http://www.bodyimagehealth.org/healthy-bodies-curriculum)

Rewrite Beautiful: [www.rewritebeautiful.org/school-programs](http://www.rewritebeautiful.org/school-programs)

### **Rock Recovery Programs:**

- Full Mouse Empty Mouse, A Tale of Food and Feelings: (Grades 1 – 4)

- Empower to Prevent: Presentations, mindful eating and body image exercises (Grades 4 – 12)

#### **The dangers of body dissatisfaction and dieting**



42% of 1st - 3rd graders want to be thinner and 81% of 10 year olds are afraid of being fat



46% of 9-11 year-olds are "sometimes" or "very often" on diets, and 82% of their families are "sometimes" or "very often" on diets



35-57% of adolescent girls engage in crash dieting, fasting, self-induced vomiting, diet pills, or laxatives. Overweight girls are more likely than normal weight girls to engage in such extreme dieting.

**The Result:** 35% of normal dieters progress to pathological dieters, and 25% of pathological dieters progress to a full-blown eating disorder

**Have questions or interest in Rock Recovery's school programs? Contact:** Christie Dondero  
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