

Introduction

Appearance is important in today's world however too often teens put appearance above all else with devastating results. Eating disorders in a teen's life is a complex subject with physical, psychological and emotional roots. Whether a teen has an eating problem because they are trying to gain approval, or because they are covering up an emotional problem, they put their health and safety at risk. This program is all about the silent epidemic of eating disorders in teens.

In this episode of Real Life Teens, viewers learn about eating disorders. Students will learn about the difference between anorexia and bulimia. They'll see why becoming obsessed with weight can reveal serious underlying issues. Viewers will learn the importance of appearance in our society and why these images are impractical and unrealistic. Teens will learn some causes of eating disorders and the underlying desire for control. They'll discover that both sexes can be affected and that getting help is the answer.

Students are encouraged to make choices in life with health concerns foremost. Eating disorders are complex, self-destructive and often dangerous. This program helps to educate and encourage solutions.

Learning Objectives

After completing the program the student will have a better understanding of eating disorders, prevention and solutions.

Discussion Topics/Questions

- 1) Why is appearance important?
- 2) What is the difference between anorexia and bulimia?
- 3) Why are eating disorders dangerous?
- 4) How is wanting control over your life, related to this issue?
- 5) What should you do if you suspect an eating disorder?
- 6) Are eating disorders serious?
- 7) Why are diet pills and fads dangerous?
- 8) How important is good nutrition for teens?
- 9) Where can you turn for help with eating disorders?

Presenting the Program

To prepare a lesson plan for the presentation of each program, review the suggested outline below.

1) Before Students View The Program:

Collect as many recommended books as possible to help generate class interest and participation. Preview each program and become familiar with the concepts that are presented in it.

2) Students View The Program:

The first viewing if possible should be uninterrupted.

3) After The First Viewing:

Elicit discussion of what the students have seen and heard. The next viewing will be enriched by this general discussion.

4) Second Viewing:

The program may be viewed again, this time with attention to detail. The teacher should feel free to stop and question students regarding:

- 1) What is happening in a visual?
- 2) The major concepts.

5) Post Activities and Discussion:

Discussion questions for this program may be used to stimulate further interest, reinforce concepts and evaluate student comprehension.

The Real Life Teens Series

Eating Disorders

TEACHER'S GUIDE

Q349

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This program is designed for a general high school audience, grades 8-12.