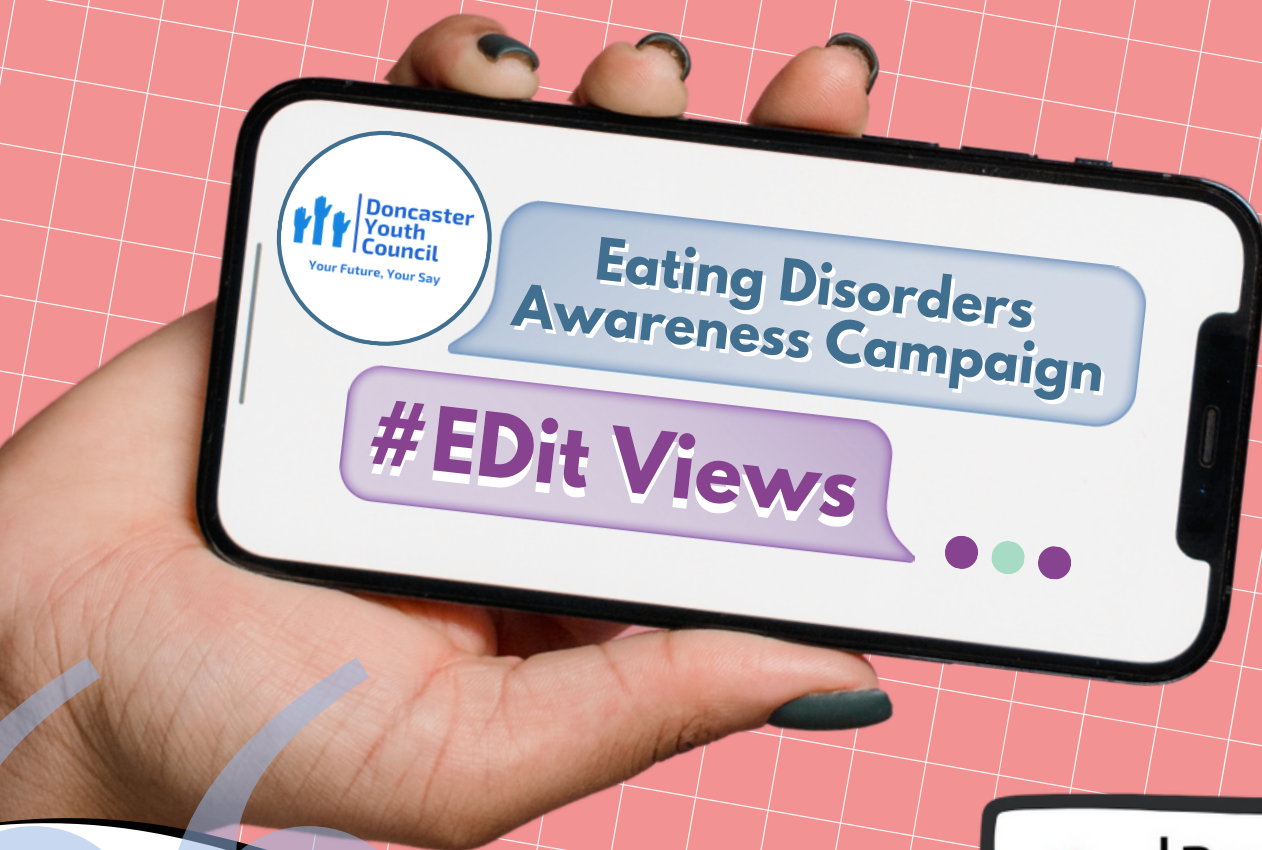




#EDit Views ...

2/2

LEARNING ACTIVITIES

Our learning resources and activities that have been developed by our Doncaster Youth Council as part of their **#EDitViews - Eating Disorder Awareness Campaign**.

Please make sure you have the Guide Book to go alongside the activities in this booklet (Which you can photocopy)

YouthCouncil@Doncaster.gov.uk



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TRIGGER WARNING

The content in the activities include topics around **Eating Disorders** which may be difficult for some people to confront or discuss.

At points we will be referring to Eating Disorders as ED's

We do this because the topic can be triggering for some people and we ask that you do the same, thank you.

Key:

ED Shortened term for Eating Disorder

Digital PDF/Digital Flipbook Versions:

Any issues contact YouthCouncil@Doncaster.gov.uk



**Activity
Booklet**



**Guide
Booklet**

Contents

Forward by Youth Councillor Vianna M

EDit Views (Poster)

Learning Bingo

Learning Word Search

My Positivi-tree

Gratitude Attitude Game & Dice Cut Out

Fact or Myth

Session Round Up Sheet (After Fact or Myth & Learning Bingo)

Famous Faces Shining a Light On... (Poster)

BEAT ED's Order Resources (Poster)

Free Support (Poster)

If you would like these activities/resources digitally get in touch!



YouthCouncil@Doncaster.gov.uk



Forward



Eating Disorders
Awareness Campaign

#EDit Views ...

Following from the **2022 Make Your Mark results top issue Mental Health & Wellbeing**, the Doncaster Youth Council did a deep dive and found that **Eating Disorders was the main topic wanting to be discussed.**

The Youth Council responded by creating their **#EDitViews** campaign advocating for the real concerns amongst young people within our city. Our main focus is to spread awareness on how you can support your own and others' Mental Health and Wellbeing.

As our plan was to **implement positive and effective change for all young people in our city and beyond**, to meaningfully tackle this sensitive issue carefully, by creating **low level early intervention resources to raise awareness, promote healthy attitudes towards body image, the importance of talking to others and free support services available to them.**

By raising awareness and providing basic education, young people will be able to recognise early signs and symptoms in themselves and others. From our thorough research being shared on this matter, this will boost a new confidence in young people, in knowing how to support one another.

We had the privilege of **collaborating with professionals** from the RDASH CAMHS Eating Disorders Service which allowed us to gain professional insights ensuring that we were equipped with reliable information and knowledge.

Working on this campaign has been a privilege in seeing the Youth Council's hard work flourish in numerous ways - through our **banner plans, posters, pin badges, activity games and presenting to key decision makers.** We are really proud of this campaign and its messages and we hope this helps as many young people in Doncaster and beyond as possible.



-Vianna

Doncaster Youth Councillor



Eating Disorders Awareness Campaign

#EDit Views

ASK TWICE (ARE YOU OK?)

You are more likely to get an honest answer. It also lets them know you care and are willing to listen.

PERFECTION IS A MYTH!

Follow profiles that make you feel confident and unfollow the profiles that make you feel bad about yourself.

Don't give those negative thoughts the power to make you feel bad.

EDUCATE YOURSELF

Learn about signs & symptoms and services to not just help yourself but others too if they are struggling.

DON'T FORGET TO LOOK AFTER YOURSELF

Take time out for yourself. Spend time with the people who truly care and respect you.

Be kind to yourself and others.

SELF
CARE

10 SEC RULE

If it can't be fixed in 10 secs don't mention it!

STOP THE NEGATIVE TALK!

Talking badly about yourself or other people's looks, weight, height, appearance or eating habits can be damaging. Instead comment on specifics like...

"I like your new hair"
"That jacket suits you"
"I like your style"
"Love your vibe"

Do You Need Support?

Talking to somebody and asking for help is one of the bravest things you can do! You can also reach out to any of the **FREE** services below. If you or somebody else needs urgent help or in immediate danger call **999**. If you are looking for medical advice contact your GP or **111**.

kooth

Online mental health and wellbeing support for young people 11-25.

[Kooth.com](https://www.kooth.com)

NHS RDASH

CAMHS Eating Disorders Service

Supporting children and young people with advice, support and treatment.

✉ Rdash.ceds@nhs.net ☎ 03000212349

Beat
Eating disorders

Support, information and resources for all ages about eating disorders.

www.beateatingdisorders.org.uk

☎ UK - 08088010677

THE MIX

Empowering young people under 25 to make informed choices about their wellbeing.

☎ 24/7 Crisis Messenger: 'THEMIX' to 85258.

☎ [TheMix.org.uk](https://www.themix.org.uk) ☎ 08088084994

Learning - BINGO!



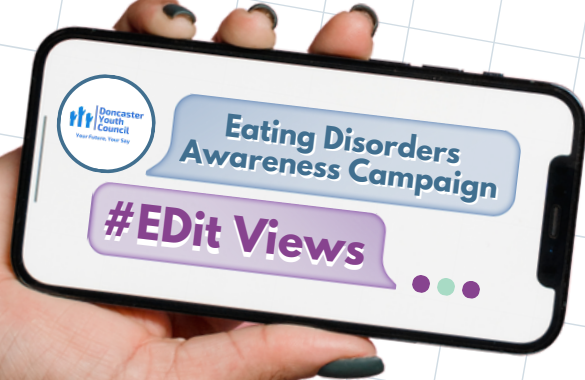
66 If you are struggling tell a trusted adult. Talking to somebody and asking for help is one of the bravest things you can do!

Name your in-perfect blobs from numbers 1-12

Winners:
Vertical (Up & Down or **Horizontal** (Across) **Full House** (All Blobs)

When you have won any of the above please wait till the information is called before you shout bingo!

- Eating Disorder:** ED's are mental illnesses that involves someone having trouble with eating, behaviours and emotions. - [NHS](#)
- Anorexia Nervosa:** Means restricting the intake of food to lower body weight. - [Beat Eating Disorders](#)
- Binge Eating:** Eating large quantities of food without feeling like they're in control of what they're doing. - [Beat Eating Disorders](#)
- Bulimia Nervosa:** Cycle of eating large quantities of food (bingeing) and maybe making themselves vomit, take laxatives or exercise excessively. This is called purging. - [Beat Eating Disorders](#)
- ARFID:** (Avoidant, Restrictive Food Intake Disorder) A condition where a person avoids certain foods or types of food, restricts food intake in terms of overall amount eaten, or both. - [Beat Eating Disorders](#)
- OSFED:** Sometimes a person's symptoms don't exactly fit the expected symptoms. In that case, they might be diagnosed with an "Other Specified Feeding ED" - [Beat Eating Disorders](#)
- PICA:** When someone eats non-food substances that have no nutritional value, such as paper, soap, paint, chalk, or ice. For a diagnosis, the behaviour must be present for at least one month. - [Beat Eating Disorders](#)
- Body Positivity:** Feeling comfortable and confident in your body. - [Beat Eating Disorders](#)
- Negative Body Image:** Feeling like your body is flawed especially when you compare to others. - [Beat Eating Disorders](#)
- Screen Time:** 55%: of people with an ED say that increased time spent online worsened their symptoms. - [First Steps ED: The Impacts of Social Media \(Oct 2022\)](#)
- Body Image:** 40% of Children & Young people contact Childline around body image and eating. - [NSPCC \(2023\)](#)
- Positive Mental Health & Wellbeing:** You are in a state of wellbeing where you feel good and thrive well in the world. - [World Health Organisation](#)



LEARNING WORD SEARCH

This has been developed by our Doncaster Youth Council as part of their ED Awareness Campaign. For more info please get in touch! YouthCouncil@Doncaster.gov.uk

#EDit Views

“ If you are struggling tell a trusted adult. Talking to somebody and asking for help is one of the bravest things you can do! ”

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PFOBQOPKFMHKWPPEJFBNEHJXAENCLN
EIHSEUARHRBUXOUZ PHAEP SWWPCKEZD

“ Free Services that can support you! ”

- ☐ **Camhs Eating Disorder Service**
✉ Rdash.ceds@nhs.net ☎ 03000212349
- ☐ **Beat**
🌐 www.beateatingdisorders.org.uk
☎ UK - 08088010677
- ☐ **The Mix**
📱 24/7 Crisis Messenger: THEMIX to 85258
🌐 TheMix.org.uk ☎ 08088084994
- ☐ **Kooth**
🌐 Kooth.com

- ☐ **EDit Views**
- ☐ **Doncaster Youth Council**
- ☐ **Stop the Negative Talk**
- ☐ **Perfection is a Myth**
- ☐ **Support**
- ☐ **Talk**

- ☐ **Friends**
- ☐ **Family**
- ☐ **Be Kind**
- ☐ **Self Care**
- ☐ **You Matter**
- ☐ **Are You Ok?**

- ☐ **Believe in Yourself**
- ☐ **Be Yourself**
- ☐ **Confidence**
- ☐ **Connect**
- ☐ **Unique**
- ☐ **You Are Enough**

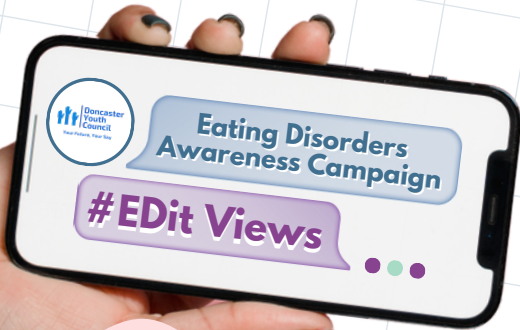


If you or somebody else needs urgent help or in immediate danger call **999**.
If you are looking for medical advice contact your **GP** or **111**.



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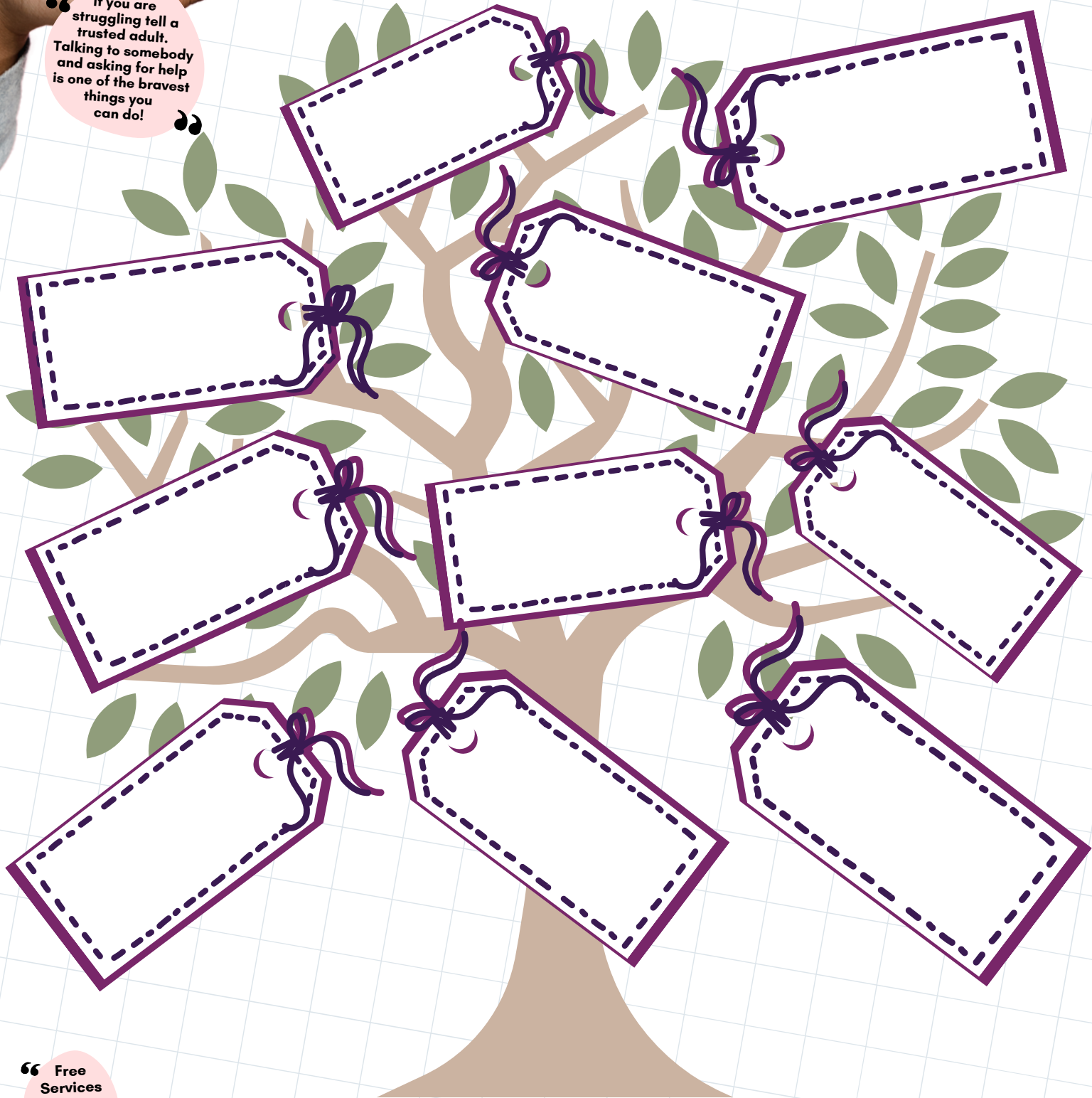




MY POSITIVI-TREE

Try and **think of as many positive words or statements that you would like to say to yourself or say to somebody else** to cheer them up. You can keep this for yourself or give to somebody else to brighten their day!

“ If you are struggling tell a trusted adult. Talking to somebody and asking for help is one of the bravest things you can do! ”



“ Free Services that can support you! ”

Beat
www.beateatingdisorders.org.uk
UK - 08088010677

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Kooth
Kooth.com

#EDit Views

This has been developed by our Doncaster Youth Council as part of their ED Awareness Campaign. For more info please get in touch!
[YouthCouncilDoncaster.gov.uk](https://www.youthcouncildoncaster.gov.uk)

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“ If you are struggling tell a trusted adult. Talking to somebody and asking for help is one of the bravest things you can do! ”

GRATITUDE ATTITUDE GAME



1. 
- Who in your life are you most thankful for?
 - What small act of kindness did someone do for you recently that you appreciated?
 - What has made today better than yesterday?

2. 
- Name a place you were grateful to visit.
 - One thing you are grateful for today.
 - Where do you go when you are feeling down to make you feel better?

3. 
- Name something you are blessed to have?
 - Can you think of a challenge you faced that you're thankful for having experienced?
 - What do I like most about the area that I live?

4. 
- What have you done today to make you feel proud?
 - Describe a recent moment that brought you joy or happiness.
 - What can I do for others to show that I care?

5. 
- What talent or skill are you blessed with?
 - How has someone's advice or guidance positively impacted your life?
 - Who has made a positive impact on my life recently?

6. 
- Reflect on a time you helped someone else, how did it make you feel?
 - Name one thing you love about YOU!
 - What am I most looking forward to next week, next month or next year?

7. 
- Which part of the day do you love the most and why?
 - Reflect on a moment that made you feel relaxed.
 - What am I taking for granted that I'm thankful for?

8. 
- What is a recent achievement, big or small that you are proud of?
 - Who in your life makes you laugh the most?
 - What is the kindest thing somebody said to me recently?

9. 
- Who is a mentor or role model in your life that you're grateful for and how have they influenced you?
 - What have you learnt today?
 - What would I never want to change about myself?

10. 
- Name a book, movie or song that makes you happy and puts you in a good mood.
 - Name something you love to do in your spare time.
 - What is one thing you like about your personality?

11. 
- Do you have a memory that brings you joy when you think about it?
 - What could make today great?
 - What is my favourite song and why?

12. 
- Something about your home or living situation that you are grateful for.
 - Name somebody you know you can talk to if something is bugging you.
 - What is a life lesson are you grateful for learning.

Kooth
www.kooth.com

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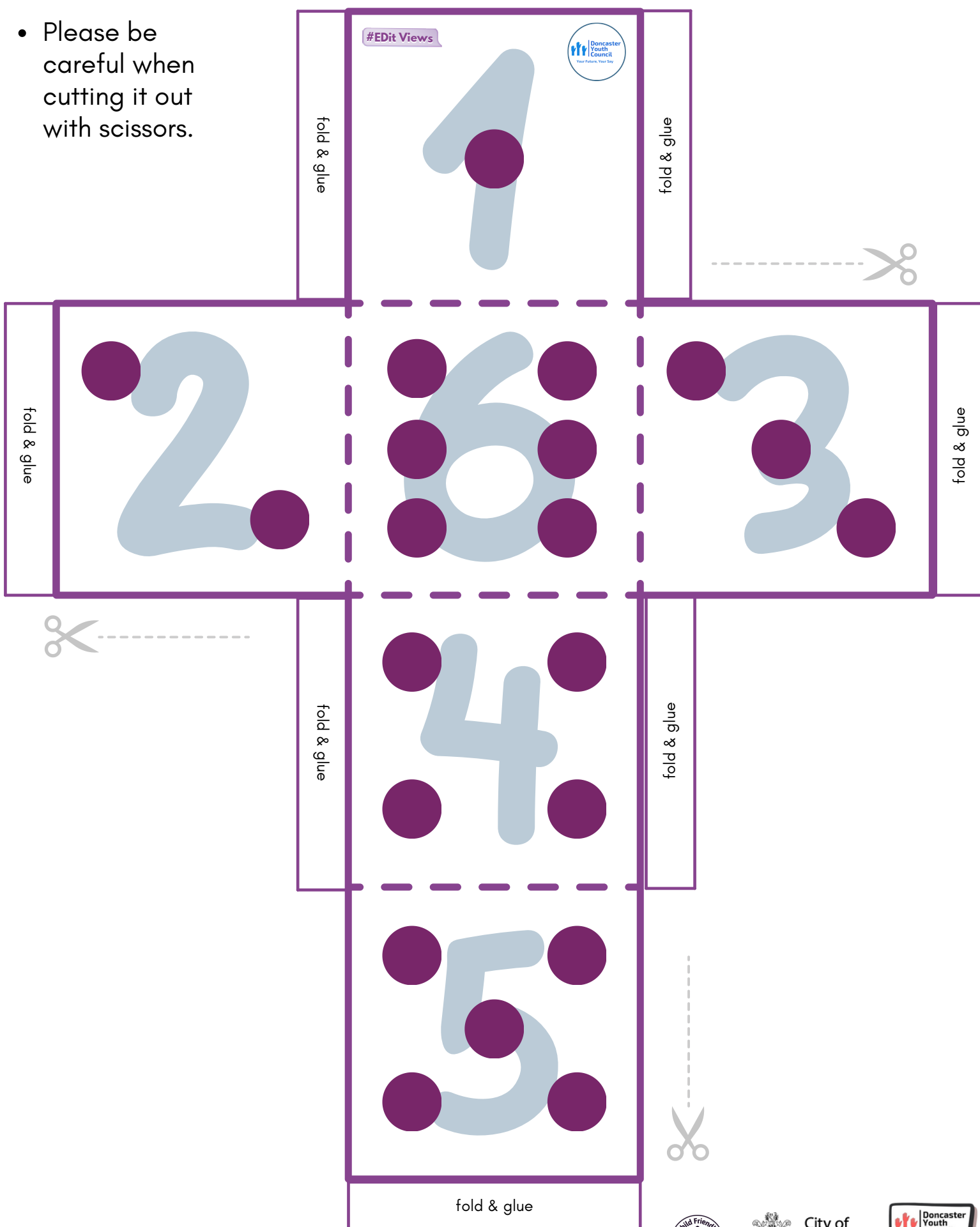
!! If you or somebody else needs urgent help or in immediate danger call **999**.
If you are looking for medical advice contact your **GP or 111**.

- You can use our dice or use your own.

GRATITUDE ATTITUDE DICE CUT OUT



- Please be careful when cutting it out with scissors.



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FACT OR MYTH?



“ If you are struggling tell a trusted adult. Talking to somebody and asking for help is one of the bravest things you can do! ”

KEY:

MYTH = Not true and a misconception.

FACT = True and is backed up with evidence.

HOW TO PLAY?:

- Need Answer Sheet and a pen.
- **Please circle** whether you think the below statements are Fact or Myth. The person leading your session will then read out the answers and discussion points once everyone is done.

1.	It's easy for young people to talk to their friends and family about their feelings.	MYTH	FACT
2.	Only certain people struggle with their Mental Health.	MYTH	FACT
3.	Our Mental Health can move up and down and change day to day.	MYTH	FACT
4.	1 in 4 people will struggle with their Mental Health in any given year.	MYTH	FACT
5.	Mental Health conditions are a sign of weakness.	MYTH	FACT
6.	Eating Disorders are a way of someone attention seeking.	MYTH	FACT
7.	People of any shape or size can have an Eating Disorder.	MYTH	FACT
8.	Eating Disorders are a personal choice.	MYTH	FACT
9.	Many high profile, successful and inspirational people have experienced Mental ill Health.	MYTH	FACT
10.	It is possible to get better after having an Eating Disorder.	MYTH	FACT
11.	Only girls get Eating Disorders.	MYTH	FACT
12.	Regularly posting unedited photos of yourself on social media can lower your chance of developing an Eating Disorder.	MYTH	FACT
13.	You can help somebody immensely just by being a good friend.	MYTH	FACT
14.	Many people learn and grow from experiencing negative Mental Health & Wellbeing.	MYTH	FACT

Camhs Eating Disorder Service

✉ Rdash.ceds@nhs.net
☎ 03000212349

Beat

🌐 www.beateatingdisorders.org.uk
☎ UK - 08088010677

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Kooth

🌐 Kooth.com



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SESSION ROUND UP

(For after Fact & Myth / Learning Bingo activity)

After the activity please write down your thoughts to the questions below to reflect on what you have learnt.

Where do you think all the myths came from?



How can we challenge and get rid of the myths?

Which facts were you most shocked about?

What have you learnt from the session?

Pledge

We now ask that you make a pledge and write down in the speech bubble what you are going to do from now on.

Example.

I am going to stop following unrealistic profiles that make me feel bad about myself



FAMOUS FACES SHINING A LIGHT ON...

Whilst a stigma has kept many people from sharing their Mental Health struggles, more and more famous stars have come forward in recent years sharing their experiences with Mental Illness to spread awareness, encouraging others to seek treatment and talk to somebody.



LADY GAGA

Singer/Songwriter and fierce champion for many communities and issues. GaGa is open about her own struggles from post-traumatic stress disorder (PTSD), suicidal thoughts and self harm.



TAYLOR SWIFT

Taylor promotes self-care and self-acceptance through her music and has spoken openly about her struggles with Anxiety and Body Image. She believes in the power of embracing oneself and celebrating individuality.



ELTON JOHN

Music legend and icon known for his talent, advocacy, and charity work has spent many years courageously speaking out about his challenges with Mental Health, Addiction, and Bulimia Nervosa.



ED SHEERAN

The Singer/Songwriter has opened up about his struggles with Depression, Addiction, Body Image and Disordered Eating. Ed believes it is crucial to put your Mental and Physical Health first but taking the first step can be the most challenging.



OLLY ALEXANDER

Actor and Musician Olly openly shares his experiences with Disordered Eating, Anxiety, Depression and Homophobic Bullying. Olly uses his personal journey positively to raise awareness and advocate for others.



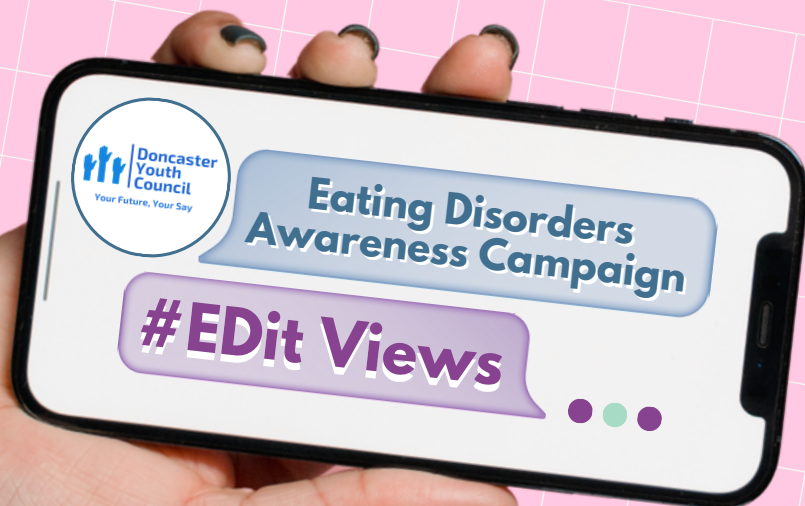
ZAYN MALIK

Instead of hiding former One Direction band member Zayn is open about his struggles with Panic Attacks and Anxiety. Zayn says that it is "nothing to be ashamed of"



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Order **FREE** Resources!

Beat
Eating disorders

Scan the QR Code to take you directly to BEAT's page to order FREE resources.

Campaigning.BeatEatingDisorders.org.uk



- ☒ **Info Pack**
5 'About Beat' leaflets, 5 service information cards
- ☒ **TIPS Poster Pack**
2 x A4 poster, 1 x A4 Helpline poster
- ☒ **Guide for Friends & Family**
Limited to 1 per order
- ☒ **GP Guide**
Limited to 1 per order
- ☒ **Binge Eating Leaflet**
Limited to 1 per order
- ☒ **I'm Worried about Someone (for Under 18s)**
Limited to 1 per order



This is part of our **Doncaster Youth Council Eating Disorders Awareness Campaign**. If you would like more information about our resources including posters and film get in touch. YouthCouncil@Doncaster.gov.uk



Scan the QR Code to watch our **EDit Views Film**

#EDit Views



Talking to somebody and asking for help is one of the bravest things you can do! If you or somebody else needs **urgent help or in immediate danger call 999**. If you are looking for medical advice contact your GP or 111.



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Free Support Services

If you are struggling tell a trusted adult. Talking to somebody and asking for help is one of the bravest things you can do! You can also reach out to any of the support services below.



Supporting children and young people with advice, support and treatment. Quick and easy self-referrals and no long waiting lists

✉ Rdash.ceds@nhs.net

☎ 03000212349



Confidential service where young people under 19 in the UK can talk about anything they are going through no matter how big or small to trained counsellors.

☎ 08001111

🌐 www.childline.org.uk



Mental Health and Wellbeing support app/ platform for young people aged 11-25 to get advice, help others and share their story.

🌐 Kooth.com



Empowering young people under 25 to make informed choices about their Mental Health and Wellbeing and life's challenges.

☎ 24/7 Messenger: 'THEMIX' to 85258.

☎ 08088084994

🌐 TheMix.org.uk



Confidential 24/7 suicide prevention charity for young people and adults under 35 and anybody concerned or worried about another person.

☎ 08000684141

🌐 www.Papyrus-uk.org



Support, information and resources for all ages about Eating Disorders and anybody concerned about somebody else.

☎ UK - 08088010677

🌐 www.beateatingdisorders.org.uk



Zone 5 to 19 is a Health and Wellbeing service for Doncaster children, young people and families. It is delivered by a team of NHS professionals, who have lots of experience and expertise in supporting a wide range of aspects of Health and Wellbeing.

☎ 03000 213032

🌐 Zone5-19.rdash.nhs.uk

📍 The Flying Scotsman, DNI 3AP, 3rd Floor

If somebody needs urgent help or in immediate danger call 999. If you are looking for medical advice contact your GP or 111.





 **YouthCouncil@doncaster.gov.uk**

 **Doncaster Youth Council**

 **Doncaster Youth Council**

 **@DonYouthCouncil**

 **@DoncasterYC**

 **Our Link Tree**

