



Eating Disorders
Awareness Campaign

#EDit Views



Doncaster
Youth
Council

Your Future, Your Say

#EDit Views



1/2

GUIDE BOOK

This Guide Book is for STAFF to go alongside the learning resources and activities that have been developed by our Doncaster Youth Council as part of their **#EDitViews - Eating Disorder Awareness Campaign**.



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:



Clickable link (Online PDF)

ED Shortened term for Eating Disorder

Digital PDF/Digital Flipbook Versions:

Any issues contact YouthCouncil@Doncaster.gov.uk



**Activity
Booklet**



**Guide
Booklet**

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Foreword



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.

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



South Yorkshire Children & Young People's Alliance Conference 2024



On Thursday 30th May 2024 we attended the South Yorkshire Children & Young People's Alliance Conference in Sheffield. This Years theme was around 'Breaking Cycles' and we chose to do a workshop presenting our EDit Views Campaign, resources and Learning Bingo Game to young people, partners, services and strategic leaders from across South Yorkshire.

This is just one of many opportunities we have had to showcase our work and advocate for young people in Doncaster.



[Click here to read the article](#)



Youth Voice & Our Findings



"There no posters or resources in my school that talks about ED's"

"I hate eating in front of other people, its normal at dinner for me and my friends at school to not eat in front of each other its awkward"

"I've not really thought about it, I bet social media has a lot to do with it"

“

"We found that awareness is a big issue for a lot of different subjects in varying degrees across the UK. As a Youth Council we asked young people to explain to us what an ED is. Our findings have shown that the majority of the young people we asked didn't fully understand ED's and if the opportunity to learn more was available they would take it up.

We had a few answers from young people who partially understood what an ED's are, but there was a much larger group who had no idea full stop. ED's need more awareness as they are unfortunately a large part of our society. So many people go through this and are not aware of it. It is only fair we take the time to understand what they are. Even if you don't want to dive head first, the least we can do is have a basic understanding."

-Frey & Kira, Doncaster Youth Councillors

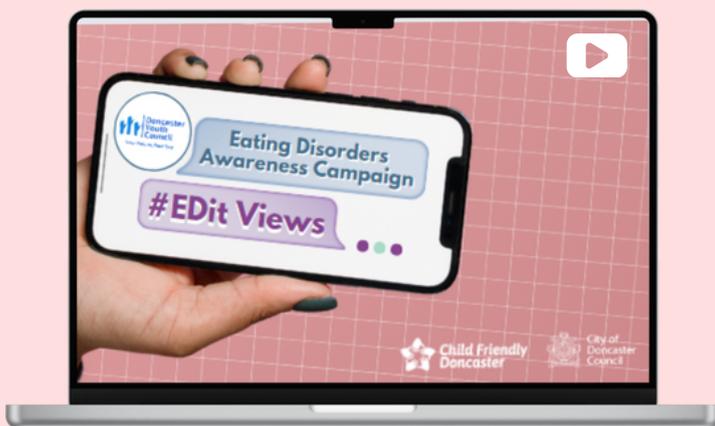
”

"I believe one of my friends has an ED and I don't know what do do or say to help or support them"

"I didn't realise that there are lots of different reasons why somebody may develop an ED"



Doncaster Youth Council #EDitViews Youth Voice Campaign Video



"As part of our EDit Views Campaign we decided to create a film to tackle the sensitive subject of ED's in an engaging way. We mention what ED's are, facts and figures and what causes them.

It includes quotes from young people we consulted with in our schools as well as services such as Camhs ED Service, Kooth and the Beat ED's Service. We also added our Campaign Resources such as our banner pens, badges and posters.

Our film was made by young people for young people."

- Erin, Member of Youth Parliament

🔍 What is an ED? ✕

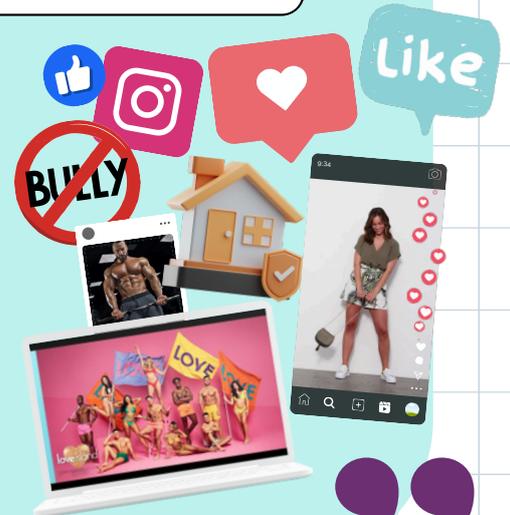
ED's are Mental Illnesses that involves someone having trouble with their eating, behaviours and emotions. Using food to control and cope with feelings and other situations.

Unhealthy eating behaviours may include eating too much or too little or worrying about your weight or body shape. With treatment, recovery is possible.

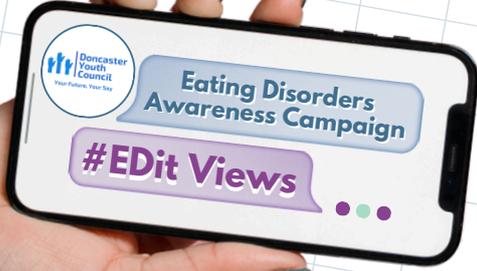
-NHS

🔍 What causes an ED? ✕

It's important to remember that ED's are not all about food, but about feelings. Anyone can develop an ED regardless of their age, gender, or ethnic or cultural background and It is never the fault of the person experiencing it. There is no specific reason why it develops, it could be what's going on at school, home but often people think its down to social pressures and social media.



Guide: Learning BINGO!



AGE
RANGE
12-18



What is this all about?

Our learning Bingo offers an interactive way of learning and raising awareness around the topic of ED's and Mental Health and Wellbeing. It is useful in reinforcing correct information while also challenging stigmas and misunderstandings.

What You will Need

- **Our Learning Bingo Sheets:**

Each player or team gets a bingo sheet.

- **Marker:**

This can be a pen, felt tip or highlighter to write numbers in blobs and mark the numbers.

- **Bingo Numbers:**

You can do this many ways, either use numbered balls, pieces of paper with numbers on them, or number generator ranging from 1 to 12.

Tips

- **Bingo Calls:**

You don't have to shout 'Bingo' you could shout anything, like Yorkshire Tea! As long as everybody is in agreement and it's not offensive or insensitive.

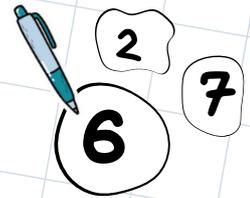
- **Prizes:**

Prizes for winning are a great incentive, we recommend pre packaged tea bags, herbal tea, or a cheeky hot chocolate. You can have any prizes but please be mindful of subject matter.

- **Tie Breaker:**

If there is a tie you must do a tie breaker to determine the winner, we recommend a Macarena Dance off (works quite well to get people laughing, cheering people on and getting your body moving) then crowd votes for the winner. (Players can nominate another person on their behalf, do it in a pair or small group)

How to Play



1. Give everyone/group a bingo sheet

2. Number your Imperfect Blobs from 1-12

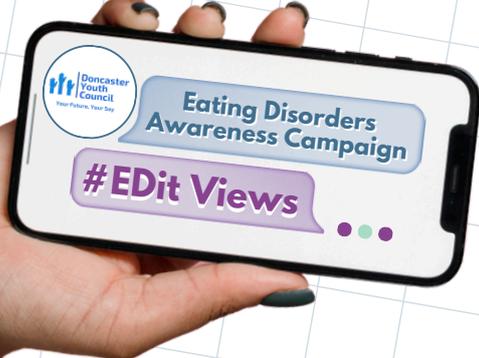
3. Figure out how you are going to call out numbers, either balls or paper with numbers on them, or number generator on google ranging from 1 to 12

3. Remind young people that this is a game of learning and to be respectful because it is a sensitive topic. If successful the young person has they must wait until you have finished reading the information first that comes with the number.

4. The goal is to be the first to get a line horizontal (across), vertical (up or down) and FULL HOUSE! (all the blobs) If a player wins we recommend they get a prize maybe...a hot chocolate sachet? or a herbal tea?

5. That's it! You're ready to play have a great time!





AGE RANGE
12-18

Guide: LEARNING WORD SEARCH

What You will Need:



Pen, Pencil, Felt Tip or Highlighter

Our Word search sheet

What is this all about?:



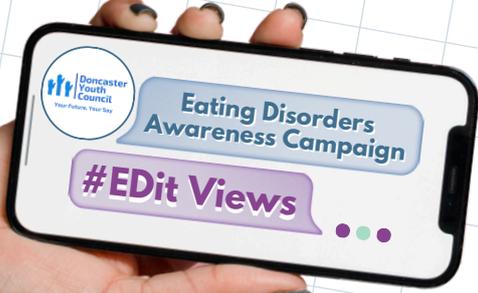
Word searches offer therapeutic benefits including helping to reduce stress and anxiety. The feeling of satisfaction when finding words makes it a rewarding activity which is why we developed our own Learning Word Search.

When young people are finding the words independently and repeatedly searching for them, they are likely to remember them in the future.

Answer Sheet:



- Camhs Eating Disorder Service
- Beat
- The Mix
- Kooth
- EDit Views
- Doncaster Youth Council
- Stop the Negative Talk
- Perfection is a Myth
- Support
- Talk
- Believe in Yourself
- Be Yourself
- Confidence
- Connect
- Unique
- You Are Enough



:Guide MY POSITIVI-TREE!

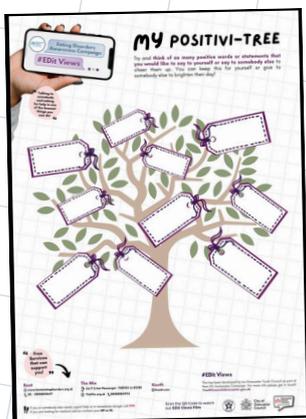
AGE
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12-18

What is this all about?:



Young people write positive affirmations and advice that they would give to somebody else or to themselves on a tag to place on their Positivi-tree. Benefits include young people thinking positively about themselves and others as well as the world around them.

Our Activity Sheet (Option 1)



1. Discuss with young people what a positive affirmation is. (*Positive phrases, or statements that has the power to challenge negative thoughts and encourage positive changes in somebody's life, or boost self-esteem.*)

2. Ask young people to think of their own affirmations and write them on the tags. They can keep them or give to somebody else to brighten their day.



What You will Need:

- **Our Activity Sheet:**

Print out our activity sheet and hand out to young people to complete in their own time and own pace.

- **Pens**

These can be biro's, felt tips to write down positive affirmations. You could even get some coloured pencils and make the tags colourful!



Physical Tree (Option 2)



A collaborative activity where everyone writes positive affirmations and advice on a colourful tag to place on the Positivi-tree resulting in a lovely colourful tree that is filled with pride, joy, hope and kindness.

What You will Need:

- **Tree:**

You can buy a small 3D tree sculpture, create your own or create a wall display.

- **Tags & String:**

You can buy colourful tags or make your own from pieces of paper and string.

- **Pens**

Biro's or felt tips to write down positive affirmations.





:Guide

GRATITUDE ATTITUDE GAME

AGE RANGE 12-18

What is this all about?:

Its all about expressing gratitude for things in our lives no matter how big or small which many of us sometimes take for granted. It encourages young people to think positively reflecting on their strengths, who they are, places and the people they have around them.



What You will Need:

- **Our Activity Sheet:**

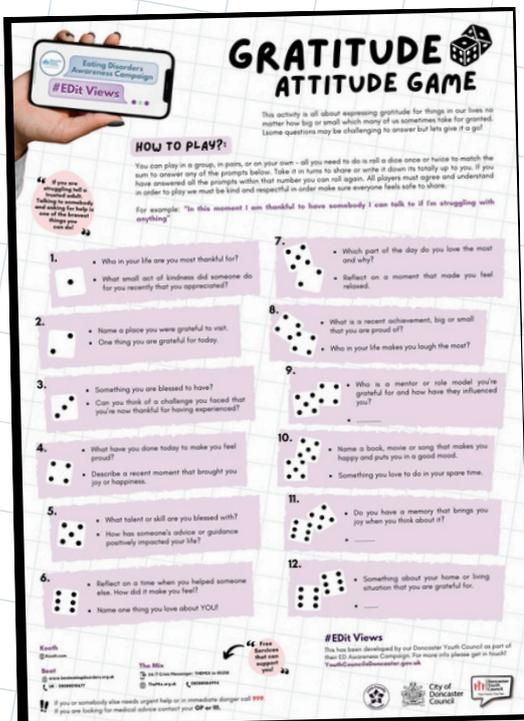
Print out our activity sheet you will only need one per group/session.

- **Dice**

You can either use your own dice, our printable dice or number generator 1-12

- **Paper & Pens**

Just in case young people don't want to share their answers out loud they can write them down and keep to themselves.

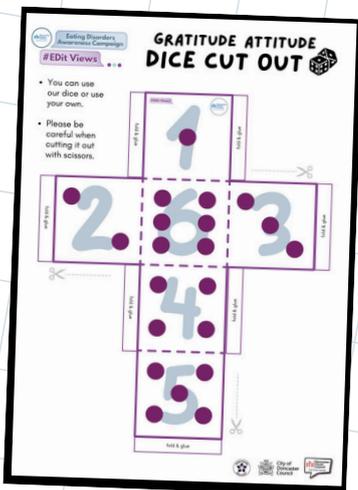


How to play

1. Let all players know, agree and understand in order to play **everyone must be kind and respectful so everyone feels safe to share.**

2. Using the sheet for reference roll the dice once or twice to match the sum to answer the prompt connected to that number. Take it in turns to share or write it down its totally up to the young people. If a young person has answered all the prompts for that number they can roll again.

3. Each time a young person shares please validate and appreciate their response and acknowledge that it is not easy to share. For example **"Thank you for sharing that with us"**



Our Printable Dice Net

:Guide **FACT OR MYTH?**

AGE
RANGE
12-18

What is this all about?:



Helps tackle misconceptions around ED's and Mental Health & Wellbeing. All the information has been sourced from NHS, Beat, The Mix, Mind, Mental Health Foundation and RDASH CAMHS Eating Disorder Service.

What You will Need:



- **Our Activity Sheet:**
Print out our activity sheet one per person.



- **Pens**
To circle their answers.

How to play?:

Circle which statement you think are Fact or Myth

1. Give each person a copy of the activity sheet.
2. Either read each statement aloud or ask young people to go through and circle their answers independently.
3. Once everyone has circled their answers you will read through all the answers and discussion points with the group.
4. At the end of step 3, ask young people to complete the 'Session Round Up' sheet (Steps on page 11) you will discuss all the questions on the page to build on their understanding and what they have learnt.
5. Ask young people to make a pledge of what they will do differently from the learning they have gained.

Answers & Discussion Points:

1. It's easy for young people to talk to their friends and family about their feelings.

MYTH

It can be hard to talk to family and friends about Mental Health because of stigma and embarrassment and struggle to open up. Only a third of young people feel comfortable opening up about their Mental Health. **Why do you think people find it hard to talk about how they feel?**

2. Only certain people struggle with their Mental Health.

MYTH

Anyone can get a Mental Health condition. It's important to know that your identity does not mean you will have Mental Health Condition but we know that some groups are more likely to get them than others. Such as people facing social inequality, disadvantage, discrimination or have experienced trauma, bullying or differences in physical health.

3. Our Mental Health can move up and down and change day to day.

FACT

Like the weather, our Mental Health can go through periods of positive bright bursts, but it can also dip and drag us down and that's normal our emotions are ever changing. **When you are feeling low does anyone have any tips that help help boost your mood?**

4. 1 in 4 people will struggle with their Mental Health in any given year.

FACT

According to the Mind Charity in England 1 in 4 people will experience a Mental Health problem of some kind each year. 1 in 6 people report experiencing a common Mental Health problem like Anxiety and Depression in any given week.

5. Mental Health Conditions are a sign of weakness. **MYTH** It has nothing to do with being weak, It can often be upsetting, confusing, lonely and frightening. Getting through is a real sign of resilience and bravery. Sometimes its an ongoing battle it stops and starts, but with the right help on your side you can get through anything.

6. Eating Disorders are a way of someone attention seeking. **MYTH** ED's are serious diagnosable illnesses, they are not someone being vain or just wanting to look a certain way. Often people diagnosed with an ED go to great lengths to keep it a secret.

7. People of any shape or size can have an Eating Disorder. **FACT** Some often think someone with an ED is really underweight or overweight, however most people with an ED stay at an "healthy" weight. It's important to remember that not all underweight or overweight people have an ED.

8. Eating Disorders are a personal choice. **MYTH** ED's are never a personal choice no one ever chooses to have one. They are complex illnesses with no single cause and require specialist treatment, but people can and do get better.

9. Many high profile, successful and inspirational people have experienced Mental ill Health. **FACT** It would not take long to make a list of successful people who have had and continue to struggle from ill Mental Health. You can succeed even while you struggle but make sure you get help and support.

10. It is possible to get better after having an Eating Disorder. **FACT** Full recovery is possible with the right help and support. It is important to remember that even if the person restores their weight to 'normal and healthy', that's only one aspect of treatment and does not mean that the person has recovered. Their thoughts and behaviours come alongside their ED which needs to be addressed too.

11. Only girls get Eating Disorders. **MYTH** Anyone can have an ED, they affect people of all genders, ages, ethnicities, sexual orientations, weights, and backgrounds. **Where do you think this misconception has come from?**

12. Regularly posting unedited photos of yourself on social media can lower your chance of developing an ED **FACT** Posting edited pictures of yourself increases your chances of developing an ED. Posting unedited photos is much better for your Mental Health and Wellbeing seeing your true self not the 'edited version'.

13. You can help somebody immensely just by being a good friend. **FACT** Just being there for your mates, being an ear to talk to, a shoulder to lean on shows them that you care. Friendship is an amazing thing but most of all you need to be your own best friend. If you are worried about your friend or anyone else try to urge them to talk to a trusted adult.

14. Many people learn and grow from experiencing negative Mental Health & Wellbeing. **FACT** After experiencing negative Mental Health, often people learn what their triggers are and how to look after themselves to potentially prevent it from happening again. Even if it does, they will know what to do. They could even offer support and advice to others who are struggling too. **What advice would you give to somebody if they were struggling?**

SESSION ROUND UP

To close the session ask young people to complete the 'Session Round Up' sheet in the Activity Booklet or discuss below questions as a group to build on young people's understanding on what they have learnt.

Where do you think all the myths came from?

How can we challenge and get rid of the myths?

What have you learnt from the session?

Which facts were you most shocked about?

Do you know what to do if you are struggling?



Pledge

After young people have discussed the questions ask the young people to make a pledge of what they are going to do from the learning they have gained from the activity.

They can share out loud, think to themselves or write it down on the 'Round Up Sheet'

"I pledge to support myself and others to the best of my abilities"

"I will check in on my friends and family more often."

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

"I am going to compliment myself and others and make people feel good"

"I am going to try and not edit my pictures before posting them."

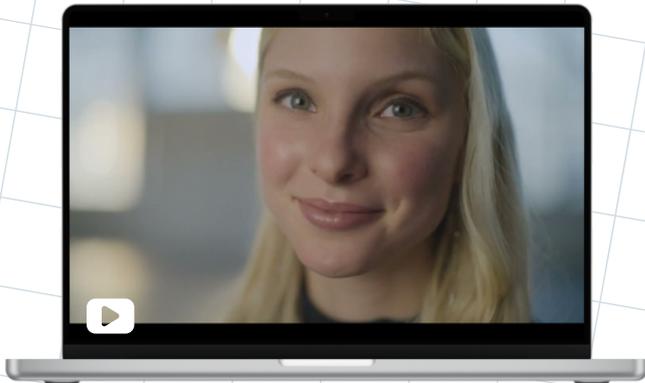
"I will listen to my body and what it needs."

"I will try not to compare myself to other people."

"If I ever struggle with my Mental Health I will talk to somebody."

Useful Links:

[Cost of Beauty: A Dove Film | Dove Self-Esteem Project](#)



8 in 10 young peoples Mental Health specialists say social media is fuelling a Mental Health crisis. Dove are aiming to raise awareness of harmful features on social media to encourage new design standards that will make social media safer for children and young people. This film explores real life consequences of harmful beauty content on the lives of young people.



[Creating a Positive Social Media Feed](#)



[Creating a positive social media feed](#) →

Curating a positive social media feed can boost young people's self-esteem and body confidence. Discover our top tips here.

We often hear that scrolling on social media can have a negative impact on young people's self-esteem and confidence. Research shows that the people and types of content we follow can actually help us feel happier and more confident.

By helping young people to weed out accounts that make them feel bad about themselves will result in a more positive social media feed. Online spaces should feel like somewhere that you want to go, that inspires you and makes you feel positively about yourself and the world.



[Helpful Books](#)



BEAT (Beat Eating Disorders) provides a range of helpful books on their website that can be valuable resources for those affected by ED's. These books cover various topics, from understanding different types of ED's to strategies for supporting recovery. Whether you're looking for guidance on self-care or insight into the psychological aspects of these conditions, BEAT's selection of books is a great place to start.



Spread the Word!

Poster:

Doncaster Youth Council
Your Future. Your Day.

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.

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?

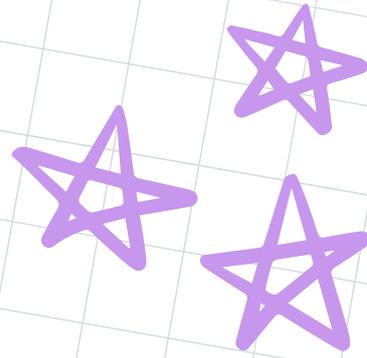
Talking to somebody and asking for help is one of the bravest things you can do! You can also reach out to any of the **FREE** services below. If you or somebody else needs urgent help or in immediate danger call **999**. If you are looking for medical advice contact your GP or 111.

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

NHSRDASH Supporting children and young people with advice, support and treatment.
CAMHS Eating Disorders Service | Rdash.ceds@nhs.net | 03000212349

Beat 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 | 08088084994



We designed this poster to go into young people's settings and social media to echo our campaign messages with positive affirmations, tips and free services for young people to find support.



Banner Pen:



What can I do to help?

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.

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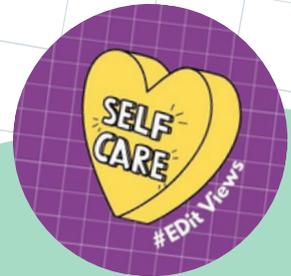
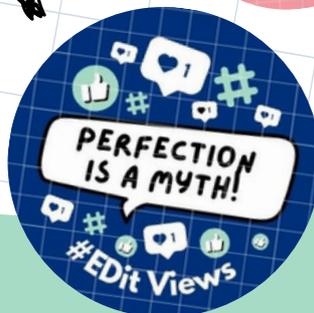
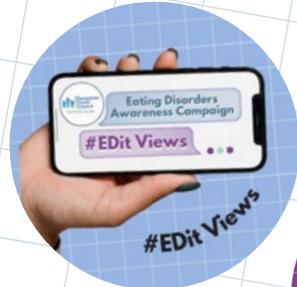
Poster:



We wanted to create a poster with a QR code that takes you straight to the BEAT Eating Disorders Support Website where anyone can order information packs for FREE. You can print out this poster to put on your walls or hand out.

Just like the posters, we have banner pens to spread our campaign messages sensitively and discreetly

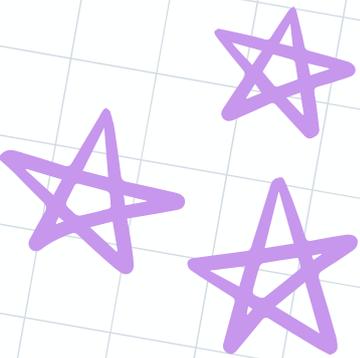
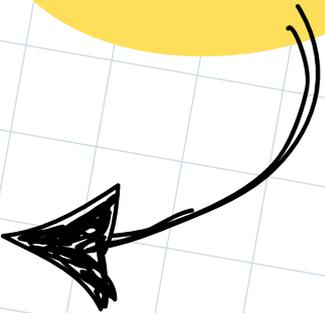
We have also designed pin badges to carry our long lasting campaign messages subtly and proudly.



Poster: Famous Faces Shining a Light on:



You can print out this poster to put on your walls or hand out to young people to remind them that even successful people like celebs struggle with their Mental Health too.



: Design Idea by Youth Councillor Erin

Free Support Services

Please let the young people you are working with know that **if they are struggling they must tell a trusted adult**. Talking to somebody and asking for help is one of the bravest things they can do! They 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](#)

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 [@DonYouthCouncil](#)

 [@DoncasterYC](#)

 [Our Link Tree](#)

