



# Teacher's Guide



Download the discussion starter video from **Take-One.TV**

This Teacher's Guide is designed for use with the discussion-starter video **View**, downloadable from Take-One.TV. It is geared for Sixth Form Tutor Time, but could also encourage and equip your sixth formers to share their insights with younger pupils, through Peer Education.



## Background Information

- Dr Elizabeth McNaught, who features in the video, says that the causes of eating disorders are complex and multi-factorial. However, some risk factors relate to **Body Confidence**. This open-ended discussion-starter resource will enable your pupils to explore that issue, sharing their own insights and perspectives as appropriate. (For helpful ground rules for such discussions see page 20 of *Key Standards in Teaching About Body Image*, from the PSHE Association - download from [bit.ly/KeyStandards](http://bit.ly/KeyStandards)).
- Body Confidence (as defined by the [BeRealCampaign.co.uk](http://BeRealCampaign.co.uk)) is 'when someone accepts, appreciates, and thinks and behaves positively in relation to their body and appearance'. This encompasses a person's perception of themselves and the significance they place on the perceptions, or perceived perceptions, of others.

## Discussion Questions

1. Give each of your pupils a copy of the letter from Dr Elizabeth McNaught (see page 2). Invite them to share, appropriately, what they would say to their 13-year-old self. What insights about Body Confidence have they gained that they wish they had known when they were 13 years old?
2. How might you communicate these insights to younger pupils in your school?
3. What do you think of the notion that, in this world of social-media, one reason people struggle with body confidence is because we compare our 'behind-the-scenes' with everyone else's 'highlight reel'?
4. What do you think of the vision that we should encourage people to celebrate what their body can do, rather than how it looks?

## A Few Key Facts

- 52% of students aged 11 to 16 often worry about the way they look.
- People who are unhappy with their bodies are more vulnerable to mental health issues.
- People who are body confident are more likely to take care of themselves and have a balanced and healthy relationship with food.

Source: *Be Real Body Confidence Campaign Toolkit for Schools* (download from [bit.ly/BeRealSchools](http://bit.ly/BeRealSchools))

- 86% of people with eating disorders report that 'bullying', in its broadest sense, contributed to the onset of their illness, with 75% reporting that this still affects them now.
- Those surveyed expressed comments such as: 'they called me names, they didn't count it as bullying as they were laughing, but it hurt' and 'it caused low self-esteem which fuelled my eating disorder'.

Source: *Beat Bullying and Eating Disorders Survey* (download from [bit.ly/BullyingED](http://bit.ly/BullyingED))

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Copies of Dr Elizabeth McNaught's book *Life Hurts: a doctor's personal journey through anorexia* are available from [LifeHurts.net](http://LifeHurts.net)





Dr Elizabeth McNaught

LifeHurts.net

Dear Friends,

Everyone has regrets. Probably, all of us wish that we could speak to ourselves in the past.

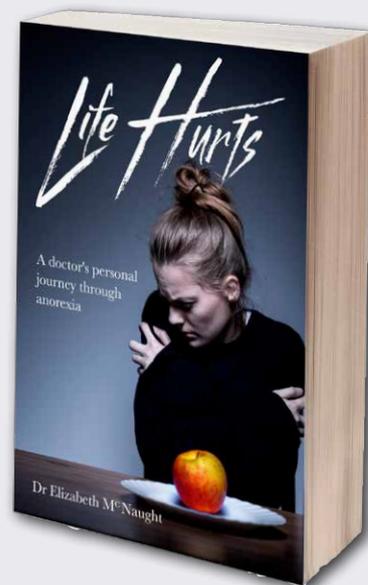
I developed anorexia when I was 13 years old. Now, as a 25-year-old doctor, I have written my story in the book *Life Hurts: a doctor's personal journey through anorexia*, in which I include 'letters to myself' at various ages. You can read some extracts below.

What insights about Body Confidence have you gained recently that you wish you had known when you were 13 years old?

**What would you say to your 13-year-old self?**

*dizze*

Dr Elizabeth McNaught  
LifeHurts.net



'I wish I could be you again. I wish I had known what is really important about who I am, and what others think of me.'

'Please don't think that you will only be accepted by other people if you change yourself. Take joy in who you are. People come in all sorts of different shapes and sizes. There isn't one ideal mould that we all must fit. All of our different lumps and bumps make us unique in our own special way.'

'When you speak out, you might be surprised at the impact you have, enabling others to stand up with courage and honesty which will break down stigma and fear.'

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