

# DYING TO BE IN CONTROL



## Overall aim of the programme

A comprehensive and authentic pack (comprising DVD and 5 interactive lesson plans) has evolved from extensive outreach work with young people and is an ideal resource for reducing the number of young people who develop eating distress.

The powerful DVD follows the lives of 3 young women who reflect on their own experiences in an attempt to pinpoint the origins of their eating disorders. Providing a clear definition of “eating distress” and an understanding of events or situations that could “trigger” an eating disorder. This film has been developed by professionals working with young people, for young people, and therefore speaks in a language they understand.

**Target group: The majority of eating disorders commence during school age so this preventive package targets all young people aged between 11 - 16 year olds.**

**Designed for use by professionals in a variety of learning environments.**

## Each lesson plan is 2 hours in length and specifically designed to be:

- Clearly presented, widely accessible and easy to follow.
- Creative, fun and engaging.
- Self contained to accommodate the requirements of the learners.
- Easily incorporated into a PSHE programme.
- Suitable for young people aged 11 upwards.

## Topics covered include:

- Eating disorder signs, symptoms and triggers.
- The media and my body.
- Feeling good inside and out.
- Together we can prevent it (This lesson plan is to be used with professionals working with young people).
- Parents should know (This lesson plan is to be used with parents).

## Quote from ex eating disorder service user:

“ If I had looked at this DVD when I was suffering I would have gotten help a lot sooner. ”

Contact Maria Lavelle on **0191 2619923** or email [maria.lavelle@themwifies.org.uk](mailto:maria.lavelle@themwifies.org.uk)

We're always happy to discuss the difference we can make.

WORKING WITH THE ARTS FOR CHANGE

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## At the end of this programme participants should be able to:

- Define the terms eating disorder, body image and self esteem.
- Recognise and describe the signs and symptoms of emotional, behavioural and physical characteristics of Eating Disorders.
- Identify factors which can affect perceptions of the body.
- Describe and understand the link between their relationship with food at times of stress.
- Recall risk factors that could cause an eating disorder and identify their own potential triggers.
- Deepen their understanding of how to keep a positive body image.
- Provide alternative ways of coping with difficult emotions.
- Identify and access support available for young people.

## Benefits

### Young people will have improved emotional health & Well-being and a greater awareness of how:

- Stress could affect their own eating patterns.
- To empathise with someone suffering from an eating disorder.
- Body image is linked to self esteem.
- To cope with difficult emotions in a positive way.
- To improve their own self-esteem/confidence.
- To communicate and share feelings and experiences.
- To value self and support self.
- To locate and access support available to them.



**Cost: £300**

**(includes DVD and 5 interactive lesson plans)**

\* Theatre Pie can offer bespoke training packages aimed at professionals working with young people including, teachers, mentors, school nurses and school counsellors.

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