

Mental Health 2

Y11 RHSE [PD] Extraction 2026+

Eating Disorders and Disordered Eating

What is Disordered Eating?

Disordered eating refers to unhealthy eating behaviours and thoughts around food, body image, or weight that may not meet the medical definition of an eating disorder.

Examples:

- Skipping meals regularly
- Extreme dieting
- Obsessive calorie counting
- Feeling guilty after eating
- Emotional eating
- Over-exercising to “burn off” food
- Occasionally binge eating

Disordered eating can become more serious over time if support is not given.

What is an Eating Disorder?

An eating disorder is a serious mental health condition involving unhealthy eating behaviours that affect physical health, emotions, and daily life.

They are not a choice or phase — they are illnesses that usually require professional help.

Eating Disorders and Disordered Eating

Main Types of Eating Disorders

Anorexia Nervosa

- Restricting food intake severely
- Fear of gaining weight
- Distorted body image
- May lead to dangerous weight loss

Bulimia Nervosa

- Cycles of binge eating
- Followed by purging behaviours such as vomiting, laxatives, or excessive exercise
- Often linked to shame and secrecy

Binge Eating Disorder

- Eating large amounts of food in a short time
- Feeling out of control while eating
- Often followed by guilt or distress

Avoidant/Restrictive Food Intake Disorder

- Avoiding certain foods due to texture, smell, fear, or sensory issues
- Not usually linked to body image concerns

Disordered Eating

Unhealthy habits around food

May happen occasionally

Can still affect wellbeing

May not require medical diagnosis

Can develop into an eating disorder

Eating Disorder

Diagnosed mental health condition

Persistent and severe

Seriously affects physical and mental health

Usually needs professional treatment

Long-term recovery may be needed

Which student needs support?

Which behaviours are healthy?

What would you say to the person if this was your friend?

Sam

Eats normally with friends but secretly exercises for hours every evening.

Becomes anxious if unable to work out.

Aisha

Frequently skips lunch saying she is 'not hungry'.

Has become increasingly withdrawn.

Luca

Constantly criticises his body despite being healthy.

Follows lots of fitness influencers.

Emily

Enjoys sport and healthy eating.

Eats treats once a day without guilt.

Eating Disorders and Disordered Eating

Warning Signs

Physical Signs

- Sudden weight loss or gain
- Dizziness or tiredness
- Frequent stomach problems
- Feeling cold often
- Hair thinning
- Difficulty concentrating

Emotional Signs

- Anxiety around food
- Low self-esteem
- Mood swings
- Obsessive thoughts about appearance
- Social withdrawal

Behavioural Signs

- Skipping meals
- Eating in secret
- Excessive exercise
- Avoiding social events involving food
- Frequent bathroom trips after meals

Physical Effects

- Weak bones
- Heart problems
- Low energy
- Hormone changes
- Poor sleep
- Digestive problems

Mental Health Effects

- Anxiety
- Depression
- Isolation
- Difficulty concentrating
- Increased stress

Eating disorders can affect anyone:

- Any gender
- Any body size
- Any ethnicity
- Any age

Possible Causes:

- Social media pressure
- Unrealistic beauty standards
- Bullying or teasing
- Stress or anxiety
- Depression
- Low self-confidence
- Perfectionism
- Family attitudes toward food or weight

How to Support Someone

DO:

- Listen calmly
- Be supportive
- Encourage them to speak to a trusted adult
- Focus on feelings, not appearance

DON'T:

- Shame or blame them
- Comment on weight or body shape
- Force them to eat
- Assume they are “attention seeking”

**Having seen the last slide how might your advice change?
What else might you need to know?**

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Self Harm

What is Self-Harm?

Self-harm is when someone intentionally hurts themselves as a way of coping with difficult emotions, stress, anxiety, anger, trauma, or overwhelming feelings.

It is usually a sign that someone is struggling emotionally and needs support.

Self-harm can include:

- Cutting or scratching
- Hitting or punching oneself
- Burning
- Pulling out hair
- Overdosing or taking harmful substances
- Preventing wounds from healing

Not everyone who self-harms wants to end their life, but self-harm should always be taken seriously.

Why Might Someone Self-Harm?

People may self-harm because they:

- Feel overwhelmed emotionally
- Struggle to express feelings
- Want relief from emotional pain
- Feel numb and want to “feel something”
- Feel angry at themselves
- Want a sense of control
- Are experiencing anxiety, depression, bullying, trauma, or stress

There is never just one single cause.

Common Warning Signs

Physical Signs

- Unexplained cuts, bruises, burns, or scars
- Wearing long sleeves even in warm weather
- Frequent “accidents” or injuries
- Blood stains on clothing

Emotional Signs

- Mood swings
- Anxiety or sadness
- Low self-esteem
- Anger or frustration
- Feeling hopeless

Behavioural Signs

- Social withdrawal
- Avoiding friends or activities
- Secretive behaviour
- Difficulty coping with stress
- Sudden changes in behaviour

Self Harm

Effects of Self-Harm

Physical Effects

- Infection
- Permanent scars
- Serious injury
- Accidental severe harm

Mental and Emotional Effects

- Shame or guilt
- Isolation
- Increased anxiety or depression
- Difficulty managing emotions

Healthy Coping Strategies

Different coping strategies work for different people.

Examples include:

- Talking to someone trusted
- Writing feelings in a journal
- Listening to music
- Exercise or movement
- Drawing or creative activities
- Using stress balls or fidget tools
- Deep breathing or mindfulness
- Spending time with supportive people

These do not “fix” problems instantly, but they can help manage emotions safely.

How to Support Someone

DO:

- Stay calm
- Listen without judging
- Take their feelings seriously
- Encourage them to speak to a trusted adult
- Ask how you can support them

DON'T:

- Shame or punish them
- Demand to see injuries
- Pressure them to stop immediately
- Spread rumours or gossip
- Promise to keep dangerous situations secret

If someone is at immediate risk of serious harm, tell a trusted adult straight away.

In small groups, read each profile and discuss:

Is there anything that makes you concerned about this person?

What signs have you noticed?

How could a friend respond in a supportive way?

Which trusted adults could help?

Student A – Mia

Has become much quieter over the last month.

Always wears long sleeves, even on very hot days.

Avoids getting changed for PE.

Says she's "fine" whenever anyone asks how she is.

Which changes stand out?

What could a caring friend do?

In small groups, read each profile and discuss:

Is there anything that makes you concerned about this person?

What signs have you noticed?

How could a friend respond in a supportive way?

Which trusted adults could help?

Student B - Ethan

Recently seems very stressed about school.

Has stopped coming to football training.

Spends less time with friends.

Says he feels like he's "letting everyone down."

What might Ethan be struggling with?

How could someone check in with him?

In small groups, read each profile and discuss:

Is there anything that makes you concerned about this person?

What signs have you noticed?

How could a friend respond in a supportive way?

Which trusted adults could help?

Student C – Noah

Enjoys wearing hoodies whatever the weather.

Still spends time with friends.

Is doing well in lessons.

Talks openly when he's having a difficult day.

Are there any reasons to assume Noah is self-harming?

Why is it important not to jump to conclusions?

In small groups, read each profile and discuss:

Is there anything that makes you concerned about this person?

What signs have you noticed?

How could a friend respond in a supportive way?

Which trusted adults could help?

Student D – Chloe

Has become withdrawn.

Frequently says she feels “numb.”

Has unexplained scratches that she brushes off.

Doesn’t want to join activities she used to enjoy.

Which combination of signs might suggest Chloe needs support?

Who could help?

Suicide Awareness and Prevention

What is Suicide?

Suicide is when someone ends their own life because they are experiencing overwhelming emotional pain or distress.

Thoughts about suicide can happen when someone feels hopeless, trapped, or unable to cope. These feelings can improve with support and treatment. Talking about suicide safely and openly can help reduce stigma and encourage people to seek help.

Important Facts

- Suicidal thoughts can affect people of any age, gender, or background.
- Mental health struggles are not a sign of weakness.
- Many people who experience suicidal thoughts recover with support.
- Asking someone if they are okay does not “put ideas into their head.”
- Talking to a trusted adult or professional can save lives.

Possible Warning Signs

Emotional Signs

- Feeling hopeless or trapped
- Extreme sadness or anxiety
- Feeling like a burden
- Sudden mood changes
- Losing interest in things they used to enjoy

Behavioural Signs

- Withdrawing from friends or family
- Talking about wanting to disappear or die
- Giving away possessions
- Increased risk-taking
- Saying goodbye unusually
- Changes in sleep or eating habits

Physical Signs

- Lack of energy
- Neglecting self-care
- Changes in appearance
- Frequent illness linked to stress

Not everyone will show obvious signs.

Suicide Awareness and Prevention

Risk Factors

Suicidal thoughts are complex and usually caused by a combination of factors.

Possible factors include:

- Depression or anxiety
- Bullying or cyberbullying
- Trauma or abuse
- Stress at school or home
- Loneliness or isolation
- Relationship difficulties
- Substance misuse
- Feeling overwhelmed

Having risk factors does not mean someone will attempt suicide.

Protective Factors

Things that can help protect mental wellbeing include:

- Supportive friendships and family
- Trusted adults
- Access to mental health support
- Positive coping skills
- Feeling connected and included
- Safe school environments

Suicide Awareness and Prevention

How to Support Someone

DO:

Listen calmly and seriously

Encourage them to talk to a trusted adult

Stay with them if they seem unsafe

Tell a responsible adult if you are worried

Show kindness and patience

How to Support Someone

DON'T:

Promise to keep suicidal thoughts secret

Judge or shame them

Ignore warning signs

Try to solve everything alone

Dare or challenge them

If someone is in immediate danger, contact emergency services or a trusted adult straight away.

Faith-Based Views on These Areas

Christian Perspectives

Key Beliefs

Many Christians believe:

- Every person is created with value and purpose.
- People should care for their bodies and minds.
- Compassion and support are important.

Views on Eating Disorders and Self-Harm

- Christians are encouraged to seek help and support.
- Churches often promote kindness rather than judgement.
- Self-harm is usually viewed as a sign of emotional pain rather than “badness.”

Views on Suicide

Historically, suicide was strongly condemned in many Christian traditions.

Today, many churches recognise that suicidal thoughts are often linked to mental illness, trauma, or overwhelming distress.

Most modern Christian leaders focus on:

- Compassion
- Support
- Mental health awareness
- Preventing stigma

Citizenship Views

Eating Disorders

- Thousands of children and teenagers in the UK are referred for eating disorder treatment every year.
- NHS data reported over 176,000 eating disorder referrals for children and young people in England over a five-year period.
- Reports also showed that more than 6,000 children under age 10 required hospital treatment related to eating disorders between 2020 and 2025.
- Eating disorders affect people of all genders, although girls are statistically more likely to be diagnosed.

Suicide Statistics

- In England, over 5,700 suicides were registered in 2025.
- Men and boys are statistically more likely to die by suicide than women and girls.
- Suicide among young people is a serious public health concern in the UK.
- Some reports suggested suicide rates among young people increased significantly over the last decade, although experts caution that changes in recording methods affect comparisons over time.