

Eating Disorders

Young people are exposed to many unrealistic body images through social media. If you are in any way concerned about your own eating habits or if you are a parent/carer worried about your child's relationship with food and eating, you can speak to a member of the Safeguarding or Year team.

For additional guidance on and useful information about Eating Disorders please click the links below:

Teenage Helpline: [Eating Disorders: Signs, Symptoms and Support | Teenage Helpline](#)

NHS Website: [Worried about your teenager? - NHS \(www.nhs.uk\)](#)

Family Lives: [Bulimia, anorexia help and advice - Family Lives](#)

Supportline: [Eating disorders - Anorexia and Bulimia support \(supportline.org.uk\)](#)