

# Children and young people under 18 years with eating disorders

## Guidelines for educational professionals

These guidelines give advice about spotting the signs of eating disorders and when to refer children and young people to your **local community eating disorders service (CEDS)** for specialist support.

Eating disorders can affect anyone. The stereotype that someone with an eating disorder is a young, white, underweight female, is dangerous as can result in other people being missed, e.g. males or those who are a healthy weight or overweight. **Getting treatment earlier** can make a positive difference in someone's recovery, therefore it is vital to keep an open mind when thinking about who may be affected and **act quickly if you suspect an eating disorder**.



## What to do next

If you are not sure how to bring your concerns up with the young person, phone your local CEDS for advice (contact details overleaf). They can give you helpful tips. Don't wait and see what happens.

- Early help is **VERY** important
- You are not expected to be an expert – just someone who knows the young person and is worried
- Children and young people **DO NOT** need to be referred by their GP, but it is still helpful for young people to be seen by GPs before referral to assess physical risk through taking blood pressure, blood tests if there has been rapid weight loss

Education professionals can make a direct referral to CEDS.

If you refer:

- Let the young person and parents know beforehand
- Let CEDS know who gave consent
- If consent is refused, then phone your CEDS for advice

Young people and parents can also refer themselves.



## Spotting the signs

### In the classroom:

- Are they becoming withdrawn in lessons?
- Do you think they have lost or gained weight?
- Do their marks have a bigger impact on their mood or how they view themselves?

### Other:

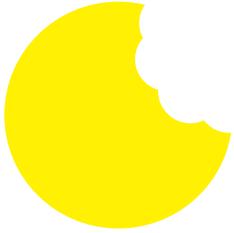
- Are friends or family expressing concerns?
- Are they isolating themselves from their friends?
- Are they commenting more on their own body and appearance?



### Outside the classroom:

- Have they changed their behaviours around food at school/college?
- Are they avoiding the lunch areas?
- Are they secluding themselves at lunchtime or break time?
- Are they sitting around peers but not eating?
- Are they exercising more than usual for example, at break or lunch?
- Are they avoiding exercise or avoiding getting changed for P.E. in front of peers?

# Eating disorders. Know the first signs:



## Lips

Are they obsessive about food?



## Flips

Is their behaviour changing?



## Hips

Do they have distorted beliefs about their body?



## Kips

Are they often tired or struggling to concentrate?



## Nips

Do they disappear to the toilet after meals?



## Skips

Have they started exercising excessively?

## Online support

Beat is the UK's eating disorder charity. We are a champion, guide and friend for anyone affected by an eating disorder.

Visit [beateatingdisorders.org.uk](http://beateatingdisorders.org.uk) for information about eating disorders, and [helpfinder.beateatingdisorders.org.uk/](http://helpfinder.beateatingdisorders.org.uk/) refer for more referral information.

Help for students	Helpline: 0808 801 0811	Email: <a href="mailto:studentline@beateatingdisorders.org.uk">studentline@beateatingdisorders.org.uk</a>
Help for young people	Youthline: 0808 801 0711	Email: <a href="mailto:fyp@beateatingdisorders.org.uk">fyp@beateatingdisorders.org.uk</a>

## SPOT online learning resource for school professionals

SPOT helps support those working in schools to understand eating disorders and support pupils.

If you would like to see a video of the user experience, please visit <https://vimeo.com/670741717>

If you would like to create an account, visit: <https://elearn.beateatingdisorders.org.uk>

### What can I do on SPOT?

By accessing SPOT, you will be taught how to notice the early signs of an eating disorder and how to talk to a pupil exhibiting them, engage their families, and support them to seek medical assessment. We have created the online platform to encompass different features including:

**Learn:** Gain key skills to give your pupils the best possible support through our bite-sized interactive e-learning modules and our webinar videos delivered by our expert clinicians. We also have downloadable resources in the form of lesson plans and access to school policies.

**Meet:** Speak with other school professionals and interact with our trained clinical advisors in our weekly Q&A sessions and forum channels, hosted by clinicians and lived-experience trainers.

**Engage:** Share and gain knowledge from an inspiring community, that is here to help you learn through our role-specific workspaces and our resources section where you can find helpful videos, podcasts and articles.

Hampshire Eating Disorder Service	Tel: 0300 304 0062 Email: <a href="mailto:SPNT.HantsCamhsEDT@nhs.net">SPNT.HantsCamhsEDT@nhs.net</a> CAMHS <a href="https://hampshirecamhs.nhs.uk">https://hampshirecamhs.nhs.uk</a>
Portsmouth Eating Disorder Service	Tel: 0300 123 6632 <a href="https://www.solent.nhs.uk/our-services/services-listings/child-and-adolescent-mental-health-camhs-portsmouth">https://www.solent.nhs.uk/our-services/services-listings/child-and-adolescent-mental-health-camhs-portsmouth</a>
Southampton Eating Disorder Service	Tel: 0300 123 6661 or 02381 030061 <a href="https://www.solent.nhs.uk/our-services/services-listings/child-and-adolescent-mental-health-service-camhs-southampton">https://www.solent.nhs.uk/our-services/services-listings/child-and-adolescent-mental-health-service-camhs-southampton</a>
Isle of Wight Eating Disorder Service	Tel: 01983 523602 Email: <a href="mailto:iownt.spcamhs@nhs.net">iownt.spcamhs@nhs.net</a>