



Eating Disorders Prevention Programs



DID YOU KNOW...??

- 70-76% of Australian high school aged females consistently express the desire for a thinner body than they feel they have
- Adolescent girls who persistently eat in a restrictive and disordered manner are 20 times more likely to develop an Eating Disorder than adolescent girls who do not
- Eating Disorders affect roughly 5% of the female population in Australia
- 24% of healthy weight males feel they are overweight
- 68% of 12-17 year old boys have dieted
- 25% of children diagnosed with Anorexia Nervosa are boys and this could be a gross underestimation.

Dieting is the **NUMBER 1** predictor to the development of Eating Disorders (specifically Binge Eating Disorder). People who diet tend to do so as a result of body dissatisfaction and/or poor body image.

Research indicates that education around improving body image and self-esteem for school students from as young as 8 years has the best outcomes. Similarly, the earlier the intervention when these issues are problematic for the young person, the better the outcomes.



Paula Kotowicz, Counsellor, provides *Prevention, At Risk and Early Intervention* programs to provide information and awareness around these issues.

School Programs are based on the following concepts (according to age appropriateness), with the objective to helping young people develop and/or improve resilience:

- Self-acceptance, self-worth and self-value
 - Body Image
 - Media Literacy and
- Communication and Language

Programs are suitable for *boys and girls in Years 3–12*, are *all evidence based* and are *45-60 minutes in duration*, enabling them to easily fit into most school class sessions. If you have a longer timeslot, Paula can conduct a more in-depth 90 minute workshop.

All programs are age-appropriate, interactive with interesting and relevant multi-media clips while promoting and encouraging student participation through thought-provoking discussion and activities.

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