

* **Fact Sheets for teachers on Body Image & Eating Disorders:**
* **Eating disorders, what are the signs?** , What are eating disorders, the sings and symptoms and what you should do about it [http://www.somazone.com.au/content.asp?Document\_ID=6787](http://www.somazone.com.au/content.asp?Document_ID=6787" \t "_blank)
* **Body Image - hairybits**[http://www.somazone.com.au/content.asp?Document\_ID=1196](http://www.somazone.com.au/content.asp?Document_ID=1196" \t "_blank)
* **Love your body** , Appreciating the body you have and not being fooled by media standards, [http://www.somazone.com.au/content.asp?Document\_ID=6790](http://www.somazone.com.au/content.asp?Document_ID=6790" \t "_blank)
* **Body Image issues for men** , Guys have body images too, facts about male body image and maintaining a healthy lifestyle [http://www.disability.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Body\_image\_issues\_for\_men?OpenDocument](http://www.disability.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Body_image_issues_for_men?OpenDocument" \t "_blank)
* **Body Image Issues for women** , Making healthy choices and maintaining a positive body image [http://www.disability.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Body\_image\_issues\_for\_women?OpenDocument](http://www.disability.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Body_image_issues_for_women?OpenDocument" \t "_blank)
* **Body Image, a student Fact sheet** , Some facts and figures and where does body image come from [http://www.womhealth.org.au/](http://www.womhealth.org.au/studentfactsheets/bodyimage.htm" \t "_blank)
* **Through thick or thin, body image issues** , Facts about body image, the role of media messages and how you can do something about it [http://www.youngmedia.org.au/mediachildren/09\_01\_thick\_thin\_fs3.htm](http://www.youngmedia.org.au/mediachildren/09_01_thick_thin_fs3.htm" \t "_blank)
* **Worried someone has an eating disorder** , Helping someone you know who may have an eating disorder [http://www.reachout.com.au/default.asp?ti=323](http://www.reachout.com.au/default.asp?ti=323" \t "_blank)
* **Anorexia Nervosa**, What is it and suggestions for getting help [http://www.reachout.com.au/default.asp?ti=75](http://www.reachout.com.au/default.asp?ti=75" \t "_blank)
* **Bulimia Nervosa**, What is it and suggestions for getting help [http://www.reachout.com.au/default.asp?ti=74](http://www.reachout.com.au/default.asp?ti=74" \t "_blank)
* **Recovering from an eating disorder** , Tips about recovery and ways to help you feel better [http://www.reachout.com.au/default.asp?ti=1807](http://www.reachout.com.au/default.asp?ti=1807" \t "_blank)



* **Web page resources for teachers on Eating Disorders and Body Image:**
* ***Somazone http://www.somazone.com.au***  
  A website designed by young people for young people. Viewers can read personal stories and add their own, has opportunities for questions and answers, has interactive quizzes and lists support networks.
* ***Reachout*** [***www.reachout.asn.au***](http://www.reachout.asn.au)  
  This is a large, broad site aimed at young people and includes information about illness and health issues.
* ***Maze www.maze.sa.gov.au***  
  Broad website about what's on offer for young people in SA with a section on health including information about abuse, body, drugs, mind, nutrition, sexual and suicide.
* ***Child and Youth Health*** [***www.cyh.com***](http://www.cyh.com)  
  Has information in the youth health section about healthy body.
* ***Adios Barbie*** [***www.adiosbarbie.com***](http://www.adiosbarbie.com)  
  A body image site aimed at females and males. Has a section on journal, features, body outlaw, the media, games and further resources.
* ***About Face www.about-face.org***  
  About face promotes positive self esteem for women of all ages, sizes, races and backgrounds through education about the influence of the media, outreach and activism.
* ***The Butterfly Foundation*** [***http://www.thebutterflyfoundation.org.au***](http://www.thebutterflyfoundation.org.au/)***/***  
  The Butterfly Foundation is dedicated to changing the culture, policy and practice in the prevention and treatment of eating disorders.
* ***It’s Alright*** [***http://www.itsallright.org/facts/eating/fs-eating.html***](http://www.itsallright.org/facts/eating/fs-eating.html%20)  
  the facts about eating disorders and young people.
* ***Body Positive*** [***http://www.bodypositive.com/***](http://www.bodypositive.com/)  
  Body Positive looks at ways we can feel good in the bodies we have. Remember, your body hears everything you think.
* ***Completely Gorgeous*** [***http://completelygorgeous.com.au/w4m/w4m\_frame\_40.html***](http://completelygorgeous.com.au/w4m/w4m_frame_40.html%20)  
  Eating's disorders help with bulimia, Anorexia & other self-esteem issues.
* ***The Bronte Foundation*** [***http://www.thebrontefoundation.com.au/index.html***](http://www.thebrontefoundation.com.au/index.html%20)  
  The Bronte Foundation is a national, tax-deductible charity established in response to the need for equitable access to effective, humane and dignified treatment. The Bronte Foundation aims to ensure that all sufferers of eating disorders benefit from its life-saving treatment.