



The goal of this Study Guide is to facilitate for students of teenage years a better understanding of issues such as, Addiction, LGBTQ Community , First Nation Issues, Mental Illness such as anxiety, depression, self-harm, and suicide. The Unit is comprised of 13 short videos depicting a reenactment of real life experiences intended to help reduce stigma surrounding these topics and continue to promote an environment of greater understanding, support and acceptance in our society today.



Teens 101 Study Guide

Episode 9 – Eating Disorders/Nutrition – Sterling’s Story

Episode #9 – “Eating Disorders/Nutrition” (Sterling’s Story)

At the age of 13, Sterling was a cheerleader and cross country runner. One day her uncle kidded that she was getting a roll around her belly. Sterling became obsessed about her weight. She stopped eating and when she did, purging was the option. She was losing weight beyond what was normal while still competing and running until the point where she mutilated herself and ended up in an institution. Sterling was 5’7” and weighed 95 pounds and was still competing. Her body started to shut down. She stopped menstruating and the doctors warned her that she may never be able to have children. Her miraculous recovery is truly an inspiring story to all youth. The moral of this story? - “One small unkind word can have devastating effects on another person’s life”.

Learning Goals:

After taking the quiz entitled "How much do you know about Eating Disorders?" and after viewing Episode #9 and discussing his/her responses with the class and the teacher, the student will understand how eating disorders can occur and learn how an eating disorder can affect an individual both physically and emotionally.

Prior Learning:

Prior to the viewing of Episode # 9, the student will potentially have some understanding and knowledge of eating disorders through different forms of media, through possible personal experiences and his/her own opinions and perceptions of an eating disorder.

Minds On:

Before the viewing of Episode # 9, the students will have taken the quiz entitled "How much do you know about Eating Disorders" (See worksheet # 9a) and will have discussed with other students and the teacher some facts and misunderstandings about eating disorders.

Action:

The students will be given questions on Episode # 9 (See Worksheet # 9b). Discuss with the students that they will have to respond to the questions as they are watching the episode and be prepared to discuss their responses following the episode.



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Episode 9 – Eating Disorders/Nutrition – Sterling’s Story

Following the discussion of the episode questions, a good way to give the students a better understanding of eating disorders is to divide the class into groups and to assign a specific eating disorder to each group. The group will then be responsible for teaching the class about the details of a specific eating disorder.

Begin by dividing the class into four or more groups and assign each group one of the following: Anorexia Nervosa, Bulimia, Binge eating Disorder, Purging Disorder and or any other type of eating disorder. Each group will be responsible for researching on the internet about their specific eating disorder.

Each group should focus on the following criteria: for the Eating disorder that has been chosen:

1. Risk factors
2. Statistics
3. Symptoms
4. Warning signs

Once they have finished collecting facts about their assigned eating disorder, have the students in each group work together to design a poster to present what they have found. The idea is that anyone viewing this poster would be able to distinguish the type of eating disorder along with its symptoms and warning signs. Each poster must also provide a resource for providing help for this particular eating disorder.

Consolidation and Connection:

Finally, when all groups have finished their posters, have them present them to the class by describing their content analysis for the class.

Make the students aware that eating disorders will be one of the topics that they will have a choice of completing an assignment on after all of the thirteen episodes of "Teens 101" have been viewed.



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Episode 9 – Eating Disorders/Nutrition – Sterling’s Story

Answer Sheet

How much do you know about Eating Disorders?
Worksheet 9a

1. You can tell a person has an eating disorder just by looking at them ? **T/F (False-Many people with eating disorders appear to be normal weight)**
2. Men do not get eating disorders. **T/F (False- At least 1 out of 10 individuals with eating disorders in North America are male)**
3. An eating disorder is a life choice and a person can stop at any time. **T/F (False-Eating disorders are serious illnesses with mental and physical consequences that often involve a great deal of suffering.)**
4. Anorexia is a life threatening disorder. **T/F (True)**
5. Recovery from an eating disorder is unlikely and very rare. **T/F (False- It is very likely and possible to recover from an eating disorder with the support of family , friends and adequate medical assistance).**
6. People who have anorexia will deliberately restrict their food and caloric intake in order to achieve an abnormally low body weight . **T/F (True)**
7. Bulimics tend to binge on large amounts of rich, calorie filled foods and then engage in behaviours to purge this food from their body like self -induced vomiting or misuse of laxatives. **T/F (True)**
8. Distorted thoughts about food, weight and body image are central to those affected by Anorexia. **T/F (True)**



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Episode 9 – Eating Disorders/Nutrition – Sterling’s Story

Quiz 9a - How much do you know about Eating Disorders?

1. You can tell a person has an eating disorder just by looking at them.

True	False
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2. Men do not get eating disorders.

True	False
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3. An eating disorder is a life choice and a person can stop at any time.

True	False
------	-------
4. Anorexia is a life threatening disorder.

True	False
------	-------
5. Recovery from an eating disorder is unlikely and very rare.

True	False
------	-------
6. People who have anorexia will deliberately restrict their food and caloric intake in order to achieve an abnormally low body weight.

True	False
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7. Bulimics tend to binge on large amounts of rich, calorie filled foods and then engage in behaviours to purge this food from their body like self -induced vomiting or misuse of laxatives.

True	False
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8. Distorted thoughts about food, weight and body image are central to those affected by Anorexia.

True	False
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Episode 9 – Eating Disorders/Nutrition – Sterling’s Story

Episode #9 Questions-Sterling Worksheet 9b

1. What was the catalyst behind the onset of Sterling’s eating disorder?
2. Describe how no one realized that Sterling had an eating disorder? How did she appear at school.
3. How did she first begin participating in behaviours that signaled a problem with an eating disorder such as Bulimia and then later as Anorexia.
4. How did Sterling’s eating disorder also unravel into depression and self-harm?
5. What was the turning point for Sterling to get better.
6. What is Sterling now doing for herself career wise and also to help others?
7. Dr. K. describes some other harmful side effects that are a result of having an eating disorder. What are they?
8. Sterling says that “one mean thing can change a persons’ outlook about themselves”. Has anyone ever said anything mean to you that affected you deeply?
9. Describe what Dr. K. says is needed in order to recover from an eating disorder.