

# Safeguarding Newsletter

## March 2022



### March is Eating Disorder Awareness Month

An eating problem is any relationship with food that you find difficult. Many people think that someone with an eating problem will be over or underweight. People might also think that certain weights are linked to certain eating problems. Neither of these points are true. Anyone can experience eating problems. This is regardless of age, gender, weight or background. Food plays a significant part in our lives. Most of us will spend time thinking about what we eat. Sometimes you might:

- have cravings
- eat more than usual
- lose your appetite
- try to eat healthier.

Changing your eating habits like this every now and again is normal. But if you feel like food and eating is taking over your life, it may become a problem.

## 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 size?



### Kips

Are they often tired or struggling to concentrate?



### Nips

Do they disappear to the toilet after meals?



### Skips

Have they started exercising excessively?

### Need help?

Call:  
[0808 801 0677](tel:08088010677)

Email:  
[help@beateatingdisorders.org.uk](mailto:help@beateatingdisorders.org.uk)

Sometimes lines are busy. If you can't get through immediately, you can use the [one-to-one web chat](#).

If you need urgent help for yourself or someone else outside of our Helpline opening hours, please contact 999 or the Samaritans on 116 123 if you or someone else is in immediate danger.



If you would like support from school please contact Derek for further signposting