

## WHY YOUTH TRACK?

Knowing that eating disorders often begin during adolescence, this material reaches the most vulnerable. The vision behind Youth Track is to keep teens informed about this too-often taboo subject, as well as to provide those who work with them the means and the confidence to engage with it in a healthy way.

## HOW DOES IT WORK?

Our exclusive introductory price gives you access to all you need for £50.

### VISIT THE WEBSITE TO ORDER YOUR COPY OF:

- 3 detailed Session Plans
- 3 Powerpoint presentations with embedded video content
- Real life story of eating disorder and recovery
- Facilitators' tutorial
- High-quality worksheets and handouts for all sessions

## PSHE PROVISION

Aimed primarily at KS3 level, the material can also be adapted to suit other ages. It has been thoroughly piloted and is well positioned to help teachers and youth workers pursue quality within PSHE and young people's mental health provision.

Meeting the PSHE Association: 10 Principles of Effective Education, as well as covering a range of objectives within their Programme of Study, the Youth Track enables teachers to deliver forward-facing sessions that would complement any whole-school approach to mental health.

## ABOUT TASTELIFE

tastelife is a supportive and educational charity that informs about eating disorders. It provides tools for recovery for those who suffer and those who care.

This leaflet explains the tastelife Youth Track: three interactive sessions dedicated to equipping teens with a healthy awareness and understanding of eating disorders and what can be done to help those who have them.

tastelife

## TASTELIFE YOUTH TRACK

### UNDERSTANDING EATING DISORDERS

INTRODUCTORY PRICE



Contact us

youth@tastelifeuk.org | www.tastelifeuk.org  
reg charity no 1158516 | @tastelife

## WHAT PEOPLE SAY

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‘Could easily be used by any teacher, whether trained or untrained in eating disorders.’

‘The resource appears professional and is presented in an accessible way for young people’

**Pilot Facilitators**

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‘I could help somebody in the future’

‘I can detect eating disorders and know what to do if I experience it or meet someone who has a disorder’

**Young People**

“

‘I’ve always thought that the approach of tastelife is distinctive - it comes alongside, is gentle but therapeutic, offering tools and resources without telling sufferers what to do, and so is not threatening to those who fear losing control’

**Youth and Families Worker**



## SESSION AIMS

### FOOD, FEELINGS AND ME

- To enable young people to make the link between food and feelings in their own experiences
- To enable young people to recognise the things in everyday life that shape self-image and perceptions of what is ‘normal’

### THINK, FEEL AND BEHAVE

- To explore why the link between food and feelings can become a problem that affects health and participation in everyday life
- To learn about eating disorders and understand the different types of eating disorder
- To know how to get help for self and others

### HELPING ME, HELPING OTHERS

- To ensure students are aware that it is possible to avoid eating disorders
- To ensure students are aware that it is possible to recover from eating disorders
- To make sure students know how they can find help for themselves and others, and how to prevent eating disorders from happening

## POTENTIAL IMPACT

These sessions are designed to be preventative; the earlier that teens are able to engage with the truth behind eating disorders, the more equipped they are to understand their own relationship with food, and ultimately to avoid damaging behaviours.

This resource gives teachers and youth leaders a powerful tool to begin breaking down the stigma surrounding eating disorders and dispelling the myths that so many grow up believing. In collaboration, let us equip teenagers to gain a truly healthy perspective on food.

## STORY SO FAR

Jo and Di know first-hand what it is to struggle with an eating disorder – either for themselves or for someone they love. Between them they have created the tastelife Youth Track. As part of tastelife, the charity founded by Di Archer (educator, published writer and speaker) and Jean Hart (an experienced eating disorder counsellor), they are on a mission to get back the life that eating disorders steal.

Jean and Di produced the tastelife community course in 2013 and recently received the Prime Minister’s Point of Light award in recognition of their ‘exceptional service in supporting people struggling with eating disorders’. Jo Porter is a tastelife Trustee and a Senior Lecturer in Occupational Therapy.

The research-based tastelife community course is proving to be a welcome, targeted resource with effective tools for support and recovery.

**See [tastelifeuk.org](http://tastelifeuk.org) for a course near you.**

