

SUMMARY

Knowing that eating disorders often begin during adolescence, this material reaches the most vulnerable. We recognise that teachers throughout secondary schools are consistently asked to take on pastoral topics, often without prior training. This resource provides you with the means and confidence to engage with this difficult subject in a healthy way. Eating Disorders are present in every school, and need to be addressed by every school.

We have created a ready-to-teach, comprehensive module of three one-hour sessions on Understanding Eating Disorders.

Youth Track is available for a one-off cost of £50 from the [tastelifeuk website](http://tastelifeuk.org).

There are no ongoing licence fees.

What is included:

- **Session Plans x3** - Detailed teaching notes to guide you through planning and teaching
- **PowerPoints x3** - Imaginative presentations to accompany your lessons
- **Video Content** - Introductory and concluding videos, Vox-Pops-style videos featuring young people, and a three-part video story of eating disorder recovery
- **Handouts and Worksheets** for each session
- **Facilitator's Tutorial video** with useful hints and tips for delivery
- **Timings** for 60 minute, 40 minute and online lessons

The Youth Track has been developed for use in PSHE lessons, and fits the PSHE Association programme of study. The material is best suited to Key Stage Three, but can be adapted for older students where appropriate.