

SESSION 1

FOOD, FEELINGS AND ME



TIME NEEDED:

60 minutes

We would advise allowing more time for each session if you have a bigger or more talkative group.



RESOURCES NEEDED:

- Baseline / Feedback forms (photocopy back to back)
- Flip chart
- Pens
- Paper
- Resource sheet 1.1 'Menu Design' (prepare before session)
- Resource sheet 1.2 'Social Media' (prepare before session)
- Individual Activity Sheets 'Food, Feelings and Me' (Workbook p.3)
- Individual Activity Sheets 'Mirror, Mirror' (Workbook p.6)

SESSION OBJECTIVES:

- To enable young people to make the link between food and feelings in their own experience.
- To enable young people to recognise the things in everyday life that shape self-image and perceptions of what is 'normal'.
- To understand food and feelings in the context of God's love for each and every one of us.

SESSION OUTCOMES:

- To describe how what we eat and the emotions we feel are intrinsically linked.
- To explain how peer pressure and media can muddle the link between food and emotions.
- To describe how God sees us in comparison to how we see ourselves.

IMPORTANT! BEFORE SESSION 1

Hand out a Baseline/Feedback form to each young person. Ask them to put their **first name only** on their form and then complete the BASELINE questionnaire. Explain that they will receive their form back at the end of Session 3 to complete the feedback. These forms are only used by tastelife to measure the effectiveness and impact of the resource and will remain anonymous (hence only first names used). Collect these in before starting the session.

SESSION 1

FOOD, FEELINGS AND ME

SLIDE 1:
Course Title



INTRODUCTION SETTING THE SCENE

- 
- Flip chart
 - Pens

SLIDE 2:
Course Summary

SLIDE 3:
Introductory video
- Setting the Scene

SLIDE 4:
Talk to Someone

SLIDE 5 & 6:
Ground Rules

It is important to introduce the subject of these sessions clearly but sensitively. Begin by explaining that the focus of the next three sessions will be to understand eating disorders in the context of God's love for us.

Talk through the course summary slide.

Play the introductory video.

Mention that the content of the sessions may be difficult for some; it could be personally sensitive or may relate to others that they care about.

Reassure the group that there will be an opportunity to ask for help and talk to someone if they wish to (appropriate to your context). You will need to provide a church-based or relevant confidential contact for all participants (as per the 'Support Routes' section from your checklist).

Distribute workbooks if using.

GROUND RULES

It is important to **create a 'safe space' for everyone** to participate and share personal insights. This should **start by discussing and writing up a set of ground rules** using your flip chart and pens. Ask the group to come up with these themselves, making sure the following key points emerge:

- Listening to others
- Taking part in discussions and helping others to get involved
- Confidentiality of personal information shared
- Being kind if peers find sessions tricky or upsetting
- Respect for different points of view
- Non-judgemental attitudes to diversity in lifestyle.

Keep the 'Ground Rules' and refer back to them if needed at the beginning of sessions 2 and 3.