

# Eating Disorders - The Battle in my Mind

KS4/5

15mins

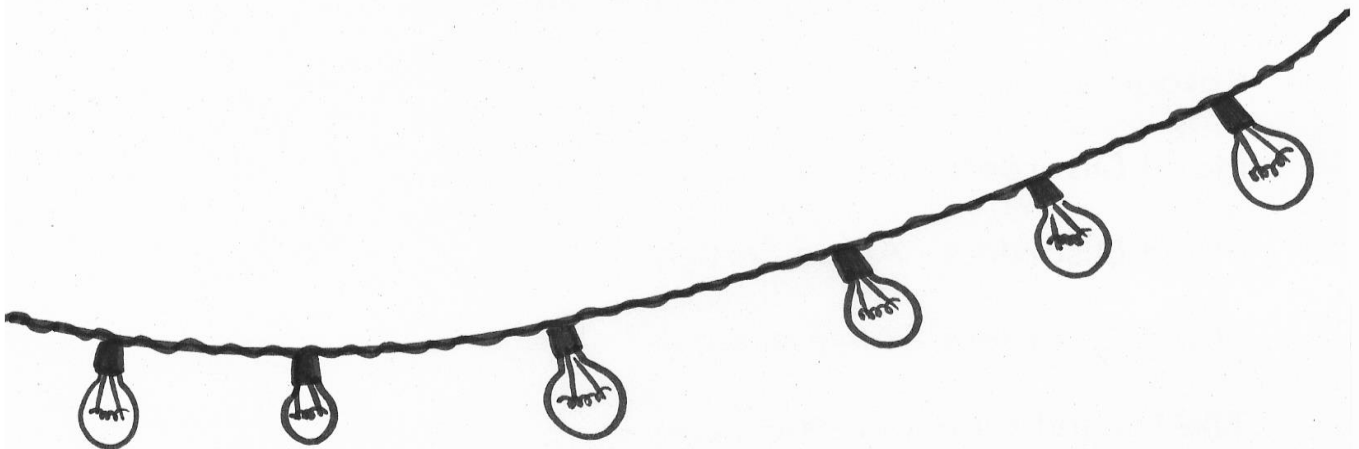
An activity to gain a sense of what it's like for someone who suffers from an eating disorder.

## What you need:

- Sweets/chocolate
- Flip-chart paper.
- Access to the Audio clips - provided as part of this pack.
- Scripts - classroom and meal time

## Method:

- Split the class up into groups of approximately 4.
- Explain to the class that you are going to play 2 audio clip. Ask them to listen carefully.
- Give every student a sweet/chocolate and ask them to place it in front of them for the duration of the clips.
- Play the audio clips.
- Ask each group to spend a couple of minutes discussing and writing down on the flipchart paper what they thought of the clips and how it made them feel.
- (They can eat their sweet/chocolate now if they want to)
- Ask one person from each group to summarise what the group thought and felt.
- Ask everyone to write down three things they have learnt.



## Script:

### Classroom

**YOUNG PERSON:** It's that time again, end of term when the teachers think it's a brilliant idea to hand out chocolates and sweets.

**EATING DISORDER:** You don't want it, you've done so well so far. If you eat that it'll ruin everything.

**YOUNG PERSON:** Maybe I won't eat it.

**EATING DISORDER:** That's a better attitude. Don't lose focus.

**YOUNG PERSON:** But I'm hungry. Everyone else is eating one.

**EATING DISORDER:** They aren't as strong as you. And if you eat they'll all be watching you.

**YOUNG PERSON:** They aren't watching me.

**EATING DISORDER:** They are.

**EATING DISORDER:** All their eyes on you.

**YOUNG PERSON:** Maybe they are staring because I'm the only one not eating.

**EATING DISORDER:** Don't be stupid, they don't care if you waste away.

**YOUNG PERSON:** Maybe I won't eat it.

**EATING DISORDER:** You've only got a few more lbs to get off, don't give in now.

**YOUNG PERSON:** I can't do it I can't eat it.

**EATING DISORDER:** You're not as useless as I thought,

**EATING DISORDER:** That's it well done. Does it feel good to have control?

**YOUNG PERSON:** I guess so

**ADULT VOICE:** Are you going to eat that?

**YOUNG PERSON:** I knew that they'd be staring. I knew that they would notice that I wasn't eating. Oh my god I'm going to have to eat it.

**EATING DISORDER:** Are you stupid? You don't have to eat anything.

**YOUNG PERSON:** No, I need to.

**EATING DISORDER:** You've ruined everything, everything. You've completely lost control.

**YOUNG PERSON:** It won't happen again.

**EATING DISORDER:** It doesn't matter now, you're useless.

## Meal Time

- ADULT VOICE:** Why can't you eat something - bloody ridiculous!
- EATING DISORDER:** You're not actually thinking of eating are you?
- YOUNG PERSON:** My parents will be so disappointed if I don't eat.
- EATING DISORDER:** You are bloody useless
- YOUNG PERSON:** What do you want me to do? They are getting angry at me they are getting so mad at me.
- EATING DISORDER:** You need to lose a few extra pounds...Don't you dare eat it!
- YOUNG PERSON:** I don't know what I'm supposed to do.
- EATING DISORDER:** If you don't lose weight by that English exam you're definitely going to fail.
- ADULT VOICE:** Right I don't understand this! I'm here trying to support you.
- EATING DISORDER:** I knew you were weak but you're not seriously going eat that? They don't want to help you. Don't believe a word they say. They'll ruin everything.
- ADULT VOICE:** I've taken time off work. This is just not going anywhere. Why can't you just eat, just eat!
- EATING DISORDER:** The angry voice doesn't sound like someone that wants to help you does it. It doesn't care about you. They just want to ruin everything! They don't care, care...
- YOUNG PERSON:** Can't keep doing this to myself
- EATING DISORDER:** Don't believe them. They don't care, don't care
- YOUNG PERSON:** I need to eat something.
- EATING DISORDER:** Stop being so pathetic. They're just fed up of you wasting their time
- YOUNG PERSON:** I just wanna disappear.

