

Ontario Community Outreach Program for Eating Disorders

University Health Network - Toronto General Division 1-416-340-4051 (Outreach Office)
9th Floor – Eaton Wing – Room 233A 1-416-340-4739 (Fax)
200 Elizabeth Street www.ocoped.ca
Toronto, Ontario, Canada, M5G 2C4

Resource Manuals

Adderholdt-Elliot, M. (1987). **Perfectionism: What's bad about being too good?** USA: Free Spirit.

Body Image Coalition of Peel (1997). **Every BODY is a Somebody**: An active learning program to promote healthy body image, positive self-esteem, healthy eating and an active lifestyle for adolescent females: Facilitator's Guide. Brampton, Ontario. (bodyimagecoalition.org).

Bryden P., & Jasper, K. (2001). Body image therapy manual for adolescents with eating problems (Facilitator's Guide and participant workbook). Southlake Regional Health Centre Eating Disorder Program, Newmarket, Ontario.

Dairy Farmers of Ontario (1999, revised on website in 2002). **Project Apex: Action program on eating and exercise. (Teachers Guide Grades 4-6)**. Mississauga, Ontario.

Davis, R., & Phillips, W. (1994). *Turning points: A psychoeducational program for overcoming an eating disorder*. Toronto: Toronto Hospital, Eating Disorder Outpatient Clinic.

Department of Public Health, Hamilton/Wentworth Health (1995). **Getting there is half the fun**. An active learning program on positive self-image, healthy eating, and active living for pre-teens (grade 6) (Teacher's Guide).

Dieticians of Canada and Kellogg's Logos (2000). **Mission Nutrition – It's All About Growth**. First Draft Web Site Copy.

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Freedman, S. (2000). **Nurturing girlpower:** Integrating Eating Disorder Prevention/Intervention Skills into Your Practice. Vancouver, BC: Salal Books.

Halton Regional Health Department, Mental Health Promotion Program. (1997). **Helping Youth Develop A Healthy Body Image:** Information on how parents and role models can help.

Halton Regional Social and Community Services Department, Children Health Services. (1997). **Helping Children Develop A Healthy Body Images:** Information on how parents, role models and caregivers can help.

Hipp, E. (1995). Revised and updated **Fighting invisible tigers:** A stress management guide for teens. USA: Free Spirit.

Laliberte, M. (2004). Making changes: A manual for group-based, cognitive behavior therapy for eating disorders (Therapist manual and group participant manual). St. Joseph's Health Centre Eating Disorder Program, Hamilton, Ontario.

Nutrition Resource Centre and Ontario Public Health Association. (2003). *Healthy measures: A tool kit for promoting healthy weights in your community*. Retrieved from <http://www.healthymeasures.ca>

Ontario Physical and Health Education Association (2000). **Health and Physical Education Curriculum Resource for Grades 6, 7, 8.** Toronto, Ontario (www.ophea.org).

Region of Peel Health Department, Toronto Public Health, York Region Health Services. **Discover Healthy Eating.** A Teacher's Resource for Grades 1-6, 1999.

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Shah, W., & Cannon, C., (2008). *Craving change: A how-to guide for helping people who struggle with their eating*. Calgary: Shah Cannon

Lecroy, C. W., & Daley, J. (2001). **Empowering adolescent girls: Examining the present and building skills for the future with the GO GRRRLS Program**. New York: Norton.

Piran, N. (2001). Re-inhabiting the body from the inside out: Girls transform their school environment. In D. L. Tolman & M. Brydon-Miller (Eds.), *From subjects to subjectivities: A handbook of interpretive and participatory methods* (pp. 218-238). New York: NYU Press.

Web Addresses

AboutKidsHealth web-sites. Hospital for Sick Children. Dieting common among pre-teen girls. June 2004. <http://www.aboutkidshealth.ca/ofhc/news/Other/3625.asp>

The Student Body: Promoting Health At Any Size (Sick Kids)
<http://www.aboutkidshealth.ca/thestudentbody>

Discover Healthy Eating Manual:
http://www.city.toronto.on.ca/health/dhe_index.htm

Ministry of Education Curriculum on Health & Physical Education
<http://www.edu.gov.on.ca/eng/curriculum/elementary/health.html>

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Dairy Farmers of Ontario (Project Apex)

<http://www.teachnutrition.org/default.aspx?SectionId=127>

Ontario Physical and Health Education Association

<http://www.ophea.org>

Mission Nutrition 2000

<http://www.missionnutrition.ca/missionnutrition/index.html>

Media Awareness Activities (Canadian site)

<http://www.media-awareness.ca>

Salal Books – re: Sandra Friedman’s Work

<http://www.salal.com>

Mailing address: Salal Books

#309 101-1184 Denman St.

Vancouver, BC V6G 2M9

Tel: (604) 689-8399

Health Canada

<http://www.hc-sc.gc.ca/nutrition>

Growing Healthy Kids

<http://www.growinghealthykids.com>

Reflections of Me: The ETFO Body Image Project

Stay tuned for more information on the Body Image Project made available through the Elementary Teachers’ Federation of Ontario.

<http://www.etfo.ca>

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BODYSENSE : A Positive Body Image Promotion Initiative for Female Athletes, Parents, and Coaches.

www.bodysense.ca

Rudd Center For Food Policy & Obesity.

www.yaleruddcenter.org

Videos / Multimedia:

About-Face <http://about-face.org/>

Organization providing education and activism training that give “women and girls with tools to understand and resist harmful media messages that affect their self-esteem and body image.”

Behind Closed Doors (8 minutes)

Part of this video was shown during the teacher information session at the start of the Healthy Schools-Healthy Kids Program.

The video focuses on the media – specifically how the images that the media uses are not exactly what they seem. The video shows what goes into creating the “perfect” magazine cover – from the makeup, to the lighting, to clothing alterations, to the many high-tech touch-ups. It is very interesting to see all of the behind the scenes work that goes in to creating a magazine cover – an image that is viewed by many as the standard of beauty.

Contact: Remuda Ranch Foundation

www.remuda-ranch.com

Tel: 1-800-445-1900

Body Talk 1 – Teens Talk About Their Bodies, Eating Disorders and Activism (1999) (28 minutes)

This is an excellent video that focuses on body acceptance issues for both girls and boys. The philosophy behind the video is “the belief that the best way to reach teens is through the voices of their

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peers”. Girls and boys from diverse backgrounds and a range of socio-economic status and body sizes discuss the messages they receive from media, family, and friends about their bodies and eating patterns. This documentary focuses on their resulting struggles, how they resist change, and how they heal.

Body Talk 2 – It’s a New Language (2002) (17 minutes)

Focuses on body acceptance issues for both girls and boys, ages 8-13. Children of diverse backgrounds and sizes talk about puberty, teasing, trying to fit in, and the pressure to look a certain way (2001).

Body Talk 3 – My Special Body (2004) (20 minutes)

Teaches children (ages 6 to 9) that health can come at any size, to eat when they are hungry and stop when full, and to move because it feels good. Children of diverse backgrounds, shapes and sizes talk about the negative impact of being teased because of how they look, solutions for coping with those situations, the benefits of eating healthy foods, and why exercise is fun.

Contact: Gurze Books

- 4 -G. McVey, Ph.D. C. Psych.

P.O. Box 2238

Carlsbad, CA 92018

Tel: 1-800-756-7533 Fax: (760) 434-5476

Email: gzcatl@aol.com

Body Image for Boys (Grade 9 and up) (approximately 15 minutes)

McIntyre Media Inc

203-75 First Street

Orangeville, Ontario L9W 5B6

Tel: 519 942-9640 toll free 1-800-565-3036

email: info@mcintyre.ca

website: www.mcintyre.ca

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Can You Feel It? (2009). A Sudbury & District Health Unit production unpacking stress and coping (15 mins). **Contact:** schoolhealth@sdhu.com

Fat Talk Free Week. (2008) Delta, Delta, Delta Women’s Fraternity(3 minutes)

Available from: <http://www.youtube.com/watch?v=RKPaxD61lwo>

Website: <http://www.tridelta.org>

Girl Power Retouch - A website page illustrating an example of the way computers can manipulate fashion magazine cover photos. available from: <http://demo.fb.se/e/girlpower/retouch/>

Media Education Foundation www.mediaed.org

Offers videos of the work of Jean Kilbourne, Sut Jhally, and others addressing the complex relationships between media and body image, gender, violence, athletics, etc.

Onslaught. Dove Campaign for Real Beauty (approximately 2 minutes). It’s a short film featuring a young girl being bombarded with hundreds of images of female perfection, drawing attention to the need for a wider definition of beauty in society. Available from: <http://www.youtube.com/watch?v=Ei6JvK0W60I>

Real People – Gossiping, Taunting, Bullying: It’s All Harassment (30 minutes)

As the title states, this video focuses on the topics of gossiping, taunting and bullying. The video features a school counsellor in a question and answer session with a real class of high school students. Interspersed with the discussions are re-enactments of situations where students at school are the victims of gossip, taunts, and/or bullying. The students and counsellor discuss how it feels to be a victim of these negative acts and what the students can do when they are in various situations. The re-enactments include possible responses to gossip, taunts, and bullying that students should find both reasonable and believable.

Contact: Sunburst Videos

Tel: 1-800-431-1934

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Fax: 1-877-517-4576

Boys Will Be Boys. Contact: Educational Sales, CBC (Y8Q9509).

Tel: (416) 205-6384.

Get Real (1995). A Canadian video on dieting, peer pressure, coping skills, self-esteem and body image (35 minutes).

Take Another Look (1994). A Canadian video on media and peer pressures adolescents encounter as they become aware of their changing bodies (24 minutes).

This video is a “dramatic fantasy” on self-esteem for young viewers from Grades 6 to 8. Its fresh approach encourages discussion on self-esteem, body image, the beauty and diet industries, self-respect and the need for peer support. The video follows the adventures of Sarah, an average looking girl who is unhappy with her appearance. As she criticizes herself in the girls’ washroom, she tumbles into *Glamland* and begins her journey toward self-acceptance.

Contact: McNabb & Connolly/Weston Woods

60 Briarwood Ave.

Port Credit, ON L5G 3N6

Tel: 905-278-0566

Fax: 905-278-2801

Shredded. (2005). National Film Board of Canada (22 mins). This short film follows a group of teenage boys eager to emulate the muscle-filled bodies of their media heroes. Revealing the lengths these boys are willing to go to achieve their goal, this film explores the use of supplements and the temptations of steroids. The boys relate their experiences, desires and motivations to the audience. Available from <http://www.nfb.ca/film/shredded>

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Discovery your Healthy Weight. The Body Positive. (2009). Medical experts explain how dieting ultimately leads to increased weight and health problems. Women share their stories of self-doubt and unhealthy behaviors, and how they learned to trust and love their unique bodies. (30mins). **Contact:** www.thebodypositive.org

“The Evolution of Beauty”. Dove video Demonstrates, in fast motion, with musical accompaniment, how make-up artists and hair stylists transform a person ”appearance” into a beautiful, “stylish image.” (1 minute). Available from: <http://www.youtube.com/watch?v=knEIM16NuPg>

Weight Bias at Home and School [DVD] Rudd Center for Food Policy & Obesity. (approximately 22 mins) Videos demonstrate myths and facts about weight prejudice, and the nature and extent of weight bias at home and in school. Available from <http://www.yaleruddcenter.org/weightbias>

References on Treatment:

Web Site:

American Psychiatric Association (2000). Practice Guidelines for the Treatment of Patients with Eating Disorders (Revision). *American Journal of Psychiatry*, 157,(1), 1-39. Or visit www.psych.org (type in “Eating Disorders” in the search section; click on “Practice Guidelines”).

Academy for Eating Disorders – (AED) For Professionals

www.aedweb.org

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The National Eating Disorder Information Centre (NEDIC)

ES 7-421, 200 Elizabeth Street,

Toronto, Ontario M5G 2C4

Telephone 416-340-4156 · Fax 416-340-4736

Toll-Free 1-866-NEDIC-20 (1-866-633-4220)

Email -- nedic@uhn.on.ca

www.nedic.ca

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Reports:

Academy for Eating Disorders. (2011). Eating disorders: Critical points for early recognition and medical risk management in the care of individuals with eating disorders. 2nd Ed. Deerfield, Illinois: Academy for Eating Disorders' Medical Care Standards Task Force. Retrieved from:

http://www.aedweb.org/Medical_Care_Standards.htm