

Do Supermodels Eat Popcorn?

PARENT/GUARDIAN COMPANION GUIDE

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Mental health education for a new generation

FROM THE PRODUCER

Dear Parents/Guardians,

Glow media films are intended to destigmatize challenges that can make teens feel vulnerable and alone, and worry that they are different from their peers. When the adolescents in the films struggle, students viewing the films will feel less alone, less stigmatized by their own issues. The teens in the film model what it is like to confide in friends about a problem, and to seek advice from a parent/guardian, a coach, or a school counselor. Our films emphasize the importance of getting support and learning coping strategies. Through our educational series, schools can present our films and start discussions, raising the chances that young people will feel valued and empowered despite the challenges they face.

Do Supermodels Eat Popcorn aims to reach students on their level. With contemporary music and modern situations, the film follows three high school students from different racial, ethnic, and class backgrounds as they navigate a typical week in a U.S. high school. In this film, we see the main character grapple with an eating disorder and body image issues. The friends support each other and encourage the main character to seek help from the school counselor.

Students watching ***Do Supermodels Eat Popcorn*** will learn that struggling with body image issues is not uncommon among adolescents and can sometimes lead to an eating disorder. Not only will this help students to cope with their own challenges but should heighten their sensitivity and empathy to other students who may be struggling. Classroom discussions of the film can help to teach tolerance, build community, and increase trust between students.

This guide includes resource materials and information about eating disorders, as well as the guiding questions and assignments your student will experience in the classroom. It is our hope that discussion may start in the home in addition to the classroom.

Sincerely,

Trish Glowacki
Executive Producer
This is Me
Publish Date, August 2, 2017

EPISODE SYNOPSIS

A week in the life of a teenage girl struggling with body image issues

Natalie has overcome an eating disorder once before. After four months in a hospital eating disorders unit, she seemed to be on the road to recovery. Now it seems that she is not as “in control” as her friends and family think. Is Natalie still battling an eating disorder? How can her friends support her? Will she get the help she needs?


GUIDING QUESTIONS

Read through these questions and prompts.

While watching the episode a second time, respond to the questions and prompts below:

1. Luke began to notice that something was wrong with Natalie. What were some of the **warning signs** that Natalie was falling back into an eating disorder?
2. How did Natalie react when Luke questioned her about her frequent visits to the rest room during lunch?
 - Do you think Luke overreacted?
 - Do you think Natalie overreacted?
3. What happened when Brandon tried to eat like Natalie for a few days?
4. What are some medical side effects of an eating disorder? What happened to Natalie? How did she recover?
5. In this episode we do not see a true conclusion; the episode ends with Natalie speaking to the school social worker, but then heading immediately to the rest room. Do you think she will talk to her parents as she promised? Why or why not?

FACT SHEET




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THERE IS NO ONE KNOWN CAUSE OF EATING DISORDERS

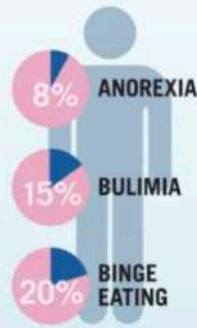
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THE MEDIA, SOCIETY, FAMILY & PSYCHOLOGICAL FACTORS

are believed to affect weight concerns and promote disordered eating behaviors. A preliminary aspect of treatment may involve addressing motivation, engagement, and "readiness to change."




Eating disorders also affect the male population but with a lower prevalence.

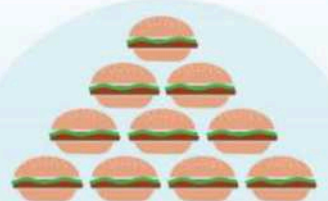


BULIMIA NERVOSA AND BINGE-EATING DISORDER TEND TO RUN IN FAMILIES

This suggests either genetic transmission or shared psychological factors affecting family members. Anorexia alone is 56% determined by genetics.




Body dissatisfaction is a key risk factor for eating disorders.




BINGE EATING IS THE MOST COMMON DISORDER AND AFFECTS 1-2 MILLION AMERICANS

When considering the context of any given binge, there are three clusters of triggering factors. External factors including place and time, social factors including the presence or absence of others, and internal factors including thoughts and feelings.

About **HALF** of all women are unhappy with their **BODY**




TREATMENT FOR EATING DISORDERS




COGNITIVE-BEHAVIORAL THERAPY HAS BEEN FOUND MORE EFFECTIVE THAN OTHER TREATMENTS, including pill placebo, stress management, and antidepressant treatment, in reducing binge eating and purging. CBT typically eliminates binge eating and purging in 30 to 50% of all cases.

Anorexia nervosa has a six-fold increase in risk for mortality and **50-70% WILL RECOVER WITH TREATMENT.** Anorexia develops from an intense fear of obesity and is a debilitating illness with one of the highest mortality rates of any psychiatric disorder. Therefore, information on risk factors and prevention is crucial.



LESS THAN 50% OF EATING DISORDER SUFFERERS GET THE TREATMENT THEY NEED

Nonetheless, prognosis with treatment is good, particularly when initiated during the early stages of illness. The dissemination of effective and acceptable treatments for eating disorders is fundamental to improving the quality of life of hundreds of millions of individuals globally.



Learn more at oxfordclinicalpsych.com

RESOURCE MATERIALS, LINKS & INFO

National Institutes of Health, Institute of Mental Health

<https://www.nimh.nih.gov/health/topics/eating-disorders/index.shtml>

National Eating Disorders

<https://www.nationaleatingdisorders.org/general-statistics>

Types and Symptoms of Eating Disorders

<https://www.nationaleatingdisorders.org/types-symptoms-eating-disorders>

National Alliance of Mental Illness

<http://www.nami.org/Learn-More/Mental-Health-Conditions/Eating-Disorders>

There are many different types of Eating Disorders, Learn the Facts here:

<http://www.nami.org/NAMI/media/NAMI-Media/Images/FactSheets/Eating-Disorders-FS.pdf>

National Eating Disorder Association

<https://www.nationaleatingdisorders.org/sites/default/files/Toolkits/EducatorToolkit.pdf>



TO CONNECT WITH A CRISIS COUNSELOR AT CRISIS TEXT LINE

TEXT "HELLO" TO 741741

FREE, 24/7, CONFIDENTIAL.

EATING DISORDERS

- National Eating Disorders Association
 - 1-800-931-2237 (Monday-Friday, 11:30 am-7:30 pm EST)
- ANAD: National Association of Anorexia Nervosa and Associated Disorders
 - 630-577-1330 (Monday-Friday, 12 pm-8 pm EST)