



Student Wellness Series

Eating Disorders

October 13, 2020





Dr. Lisa Strohman

Psychologist, Author, and Founder of Digital Citizen Academy

www.asklisa.com

A psychologist, attorney, author, and mother, Dr. Lisa Strohman established Digital Citizen Academy to help keep families safe from online dangers. Her background working as a visiting scholar with the profiling unit at the FBI during one of the most tragic school shootings in the U.S. that helped create her passion to help proactively prevent and educate students, educators, and parents on issues related to technology.



Mary Padden

Administrative Assistant, Digital Citizen Academy

Mary Padden received a BS in Public Health and Nutrition from the University of Arizona in 2014. Before joining Dr. Lisa Strohman as her administrative assistant, she worked for three years at Scottsdale Unified School District in Community Education.



Paget Hetherington

Vice President, Marketing, Gaggle

www.gaggle.net

Paget Hetherington has empowered children to achieve academic success throughout her career, leading sales and marketing efforts for global publishing and EdTech companies. As the vice president of Marketing, Paget's focus is spreading Gaggle's message to school districts across the country.

2019–2020 SCHOOL YEAR



24/7/365 SAFETY

Creating a safe digital learning space for your students—
all day, every day.



1,600+ violent threats resolved



927 student lives saved



79% increase in domestic abuse incidents during the pandemic



61% increase in harassment incidents



2,400+ sexually explicit images involving minors



64,000 references to suicide and self-harm

Suicide & Self-Harm: 2019–20 School Year

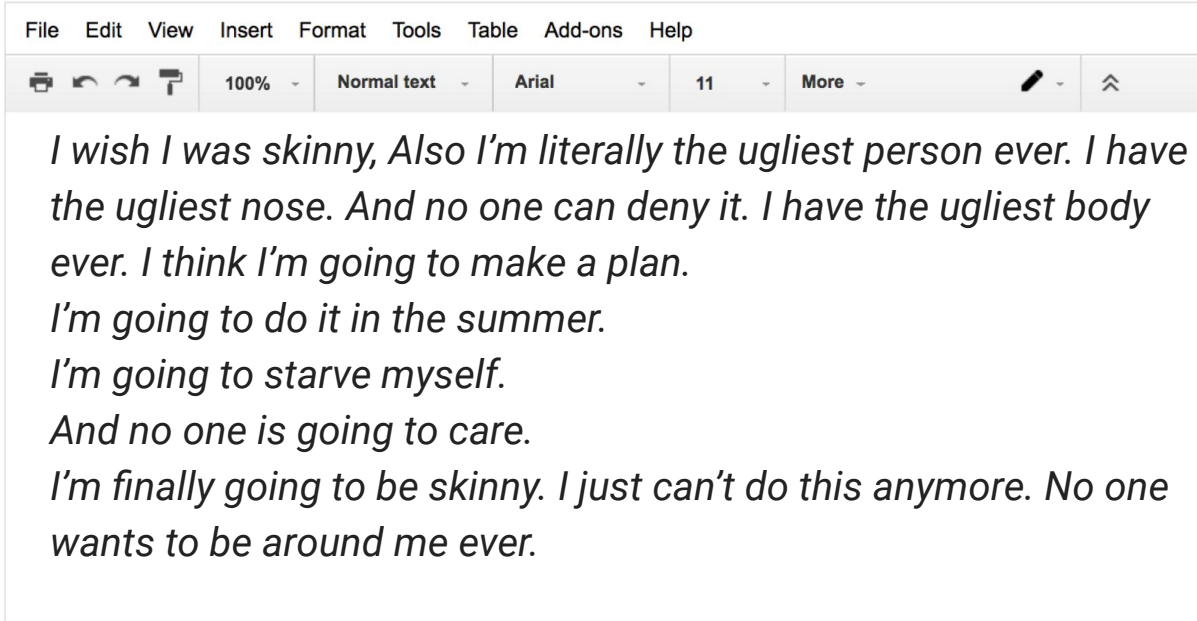


64,000
references to suicide
and self-harm



5,600+
incidents required
immediate district attention

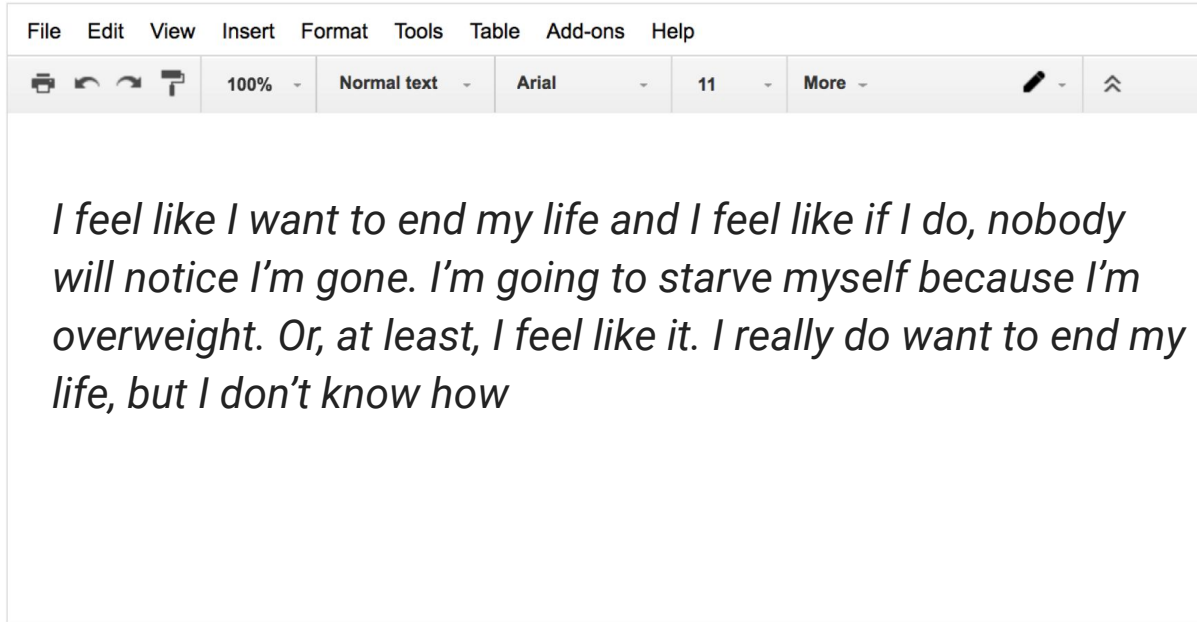
Student's Journal Entry



The image shows a screenshot of a word processing application interface. At the top, there is a menu bar with the following options: File, Edit, View, Insert, Format, Tools, Table, Add-ons, and Help. Below the menu bar is a toolbar containing icons for print, undo, redo, and a text box. To the right of these icons are several dropdown menus: a percentage dropdown set to 100%, a text style dropdown set to Normal text, a font family dropdown set to Arial, a font size dropdown set to 11, and a More dropdown. Further right are icons for a pencil and a caret. The main text area contains the following journal entry, which is italicized:

*I wish I was skinny, Also I'm literally the ugliest person ever. I have the ugliest nose. And no one can deny it. I have the ugliest body ever. I think I'm going to make a plan.
I'm going to do it in the summer.
I'm going to starve myself.
And no one is going to care.
I'm finally going to be skinny. I just can't do this anymore. No one wants to be around me ever.*

Student's "Note to Myself" Document



The image shows a screenshot of a word processing application interface. At the top, there is a menu bar with the following options: File, Edit, View, Insert, Format, Tools, Table, Add-ons, and Help. Below the menu bar is a toolbar with several icons: a printer, a left arrow, a right arrow, a refresh icon, a zoom percentage of 100%, a text style dropdown set to "Normal text", a font family dropdown set to "Arial", a font size dropdown set to "11", a "More" dropdown, a pencil icon, and an up arrow icon. The main content area of the document contains the following text, which is italicized: "I feel like I want to end my life and I feel like if I do, nobody will notice I'm gone. I'm going to starve myself because I'm overweight. Or, at least, I feel like it. I really do want to end my life, but I don't know how".

Disordered Eating: DSM-5 Clarification

DSM-5 Changes for Eating Disorders

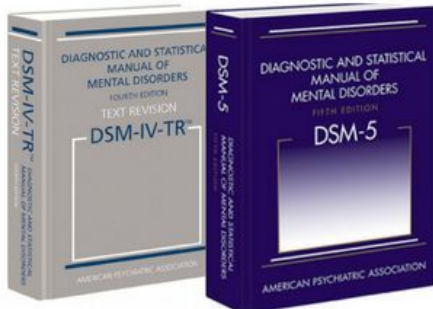
DSM-IV-TR: Eating Disorders (EDs):

- Anorexia nervosa (AN)
- Bulimia nervosa (BN)
- Eating disorder not otherwise specified (EDNOS)

- Separate chapter had disorders usually first diagnosed during infancy, childhood, or adolescence

DSM-5: Feeding and Eating Disorders (FED):

- Anorexia nervosa (AN)
- Bulimia nervosa (BN)
- Binge eating disorder (BED); in DSM-IV-TR appendix as provisional
- Other specified FED
- Unspecified FED
 - Avoidant/restrictive food intake disorder
 - Pica
 - Rumination disorder





Anorexia

Anorexia is characterized by a distorted body image, with an unwarranted fear of being overweight.

1. Restriction of food relative to requirements leading to a significantly low body weight.
2. Intense fear of gaining weight or becoming fat, or persistent behavior that interferes with weight gain.
3. Inaccurate perception of one's body weight or shape on self-evaluation, or persistent lack of recognition of the seriousness of the current low body weight.



Bulimia

Recurrent episodes of binge eating, characterized by the following:

1. Eating an amount of food that is definitely larger than what most individuals would eat in a similar period of time under similar circumstances.
2. Sense of lack of control over eating during an episode.
3. Recurrent inappropriate compensatory behavior to prevent weight gain, such as self-induced vomiting; misuse of laxatives, diuretics, or other medications; fasting; or excessive exercise.



Binge Eating

An episode of binge eating is characterized by the following:

1. Eating an amount of food that is definitely more than the average person would eat in a similar period of time under similar circumstances.
2. A feeling that one cannot stop eating or control what or how much one is eating.
3. Occurs, on average, at least once a week for three months.

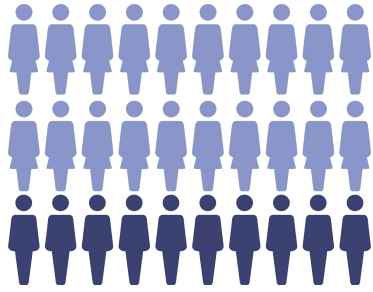


Orthorexia

Orthorexia is a form Avoidant Restrictive Food Intake Disorder (ARFID) that often has the following symptoms:

- Obsession with healthy eating.
- Perception of superiority for food control in comparison to others' diets.
- Extreme limitations in food choices, often avoiding entire food groups.

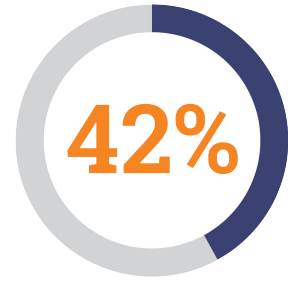
Realities of Disordered Eating



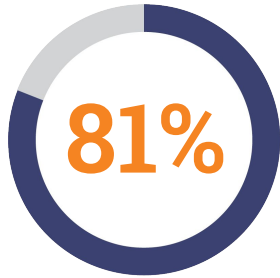
30 million individuals in the United States—20 million females and 10 million males—are diagnosed with an eating disorder.



Only one in 10 individuals With an eating disorder will ever receive treatment.



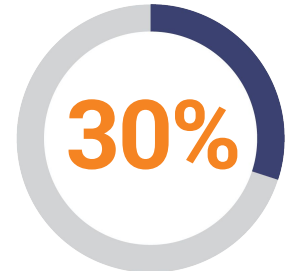
42%
of girls in the first through third grades want to be thinner.



81%
of 10-year-olds are afraid of being fat.



120%
Hospital admissions for children under 12 with eating disorders has risen nearly 120% in the last decade.



30%
of individuals who engage in binge and purge behaviors also engage in self-harm behaviors such as cutting.

Clinical: Realities of Disordered Eating



Why the Increase?



“Fatphobic” Media Messaging

- “Quarantine 15”
- Peloton
- TikTok messaging
- Instagram influencers



Social Isolation

- Lack of feedback
- Loss of confidence
- Self-focus
- Pandemic



Increased Anxiety

- Generalized cultural anxiety
- Social justice reform
- Political stress
- Loss of control

3 Simple Strategies: Educate, Empower, Inspire



Educate With Professional Trainings

- Knowledge brings power
- Warning signs to be mindful of
- Identify roles and processes



Empower Compassionate Conversations

- Destigmatize the issue
- Show empathy and compassion for struggle
- Recognize the genetic traits



Inspire School Ambassadors and Leaders

- Create opportunities for group support
- Support campus hotlines/ reporting mechanisms
- Encourage staff to become campus ambassadors

Find Out More

Dr. Lisa

www.drlisastrohman.com

Follow Dr. Lisa:



Gaggle Virtual Events

www.gaggle.net/events



Gaggle Therapy

news.gaggle.net/announcing-gaggle-therapy



Eating Disorders Resources

www.drlisastrohman.com

www.nationaleatingdisorders.org

Questions & Answers



Thank you



Gaggle.net |  @Gaggle_K12



What We're Seeing: 2019–20 School Year



927

student lives saved



64,000

references of suicide
or self-harm—**5,600+**
needed immediate
district attention



38,000

references of violence
toward others—**1,600+**
warranted an immediate
call to prevent a
potential incident



18,000

instances of nudity or
sexual content—**2,400+**
required immediate
action to protect minors

Find Out More



www.drlisastrohman.com
Follow Dr. Lisa Strohman on



Gaggle Virtual Events
www.gaggle.net/events



Gaggle Therapy
news.gaggle.net/announcing-gaggle-therapy



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Disordered Eating: DSM V Clarification

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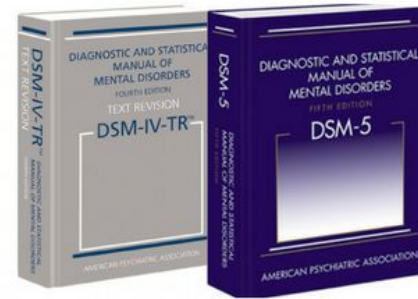
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Agenda

Body Copy Here

Email



[Student Name Redacted]

to [Name Redacted]



REPLY

*no matter how many drugs i take or slits in my wrist or
how many times i shove my finger down my throat
nothing will get rid of these rotten memories.*

Chat



[Student Name Redacted]
to [Name Redacted]



REPLY

im lowkey trying too kill myself by not eating or sleeping i weigh 116 pounds