**Risk of Eating Disorders Teachers Resource:**

**Biological**

* Genetics
  + Hereditary
* Serotonin – affects appetite

**Psychological**

* Individual Characteristics
  + Perfectionism
  + Self-esteem
  + Self-sacrifice
  + Obsessive
  + Over-critical
  + Competitiveness
* Other medical conditions
  + Depression
  + Anxiety
* Trauma
  + Bereavement
  + Bullying
  + Difficulties at home
* Acceptance of their identity
* Stressful life experiences
  + Exams
  + Starting at a new school

**Social**

* Hobbies
  + Sports
    - Weight classes – Weightlifting, Boxing, Judo etc.
    - Aesthetic – Gymnastics, Dance etc.
    - Individual vs Team – Individual sports
* Social Media
  + Editing photos
    - Magazines using photoshop
    - Airbrushing
    - Flattening