**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