



KEY SIGNS FOR STAFF TO LOOK OUT FOR



PSYCHOLOGICAL

- **LOW CONCENTRATION**
- **ANXIOUS**
- **LOW MOODS**
- **ANXIOUS WHEN GETTING CHANGED FOR PE**
- **AGITATED IF THEY CANT WALK/CYCLE TO SCHOOL**
- **EXCESSIVE FIXATION ON WEIGHT**

BEHAVIOURAL

- **BECOMING MORE SOCIALLY WITHDRAWN**
- **RELUCTANCE TO/RIGID ON EATING**
- **SIGNIFICANT WEIGHT GAIN/LOSS**
- **FINDS REASONS TO WALK AROUND THE CLASS**
- **REPORTS FREQUENT STOMACH CRAMPS/UPSET TUMMY (POTENTIALLY LAXATIVE ABUSE)**
- **EXCESSIVE BODY CHECKING**

THE LIST ABOVE IS JUST A FEW EXAMPLES THAT STAFF IN EDUCATIONAL SETTINGS MAY SEE AS AN INDICATOR OF AN EARLY MANIFESTATION OF AN EATING DISORDER.

PLEASE SEE THE TOOLKIT FOR A MORE EXTENSIVE LIST, BUT REMEMBER THERE MAY BE OTHER EARLY SIGNS THAT CAN RAISE A CAUSE FOR CONCERN.

IF CONCERNED, YOU CAN USE THE ABCD TOOL, SEE BELOW, WITH THE PUPIL - IF 'YES', TO 2+ OF THE QUESTIONS, MORE IN-DEPTH ASSESSMENT IS REQUIRED.

ABCD TOOL:

- 1. DOES EATING CAUSE ANXIETY?**
- 2. ARE YOU UNHAPPY WITH YOUR BODY?**
- 3. DO YOU TRY TO CONTROL YOUR WEIGHT BY RESTRICTING, PURGING OR OVER-EXERCISING**
- 4. DO YOU FEEL YOUR LIFE IS CURRENTLY DICTATED BY THOUGHTS OF FOOD?**

TRUST YOUR INSTINCT AND SEEK ADVICE IF YOU ARE CONCERNED