

Download Self Image And Eating Disorders Teen Mental Health

Eating disorders are not uncommon among teens. Take "Kerri" (not her real name) for example. Upset with a sudden weight gain, the 15-year-old forced herself to throw up after eating her school lunch. Beauty sells, and this is somewhat of a problem when the media produce unattainable images for women. Eating disorders are often, though not always and not directly, related to negative body image. Eating disorders are serious behavior problems. They can include severe overeating or not consuming enough food to stay healthy. They also involve extreme concern about your shape or weight. Eating disorders are serious but treatable mental and physical illnesses that can affect people of every age, sex, gender, race, ethnicity, and socioeconomic group.