

**STEPS FOR HELPING A STUDENT  
WHO MAY HAVE AN EATING DISORDER**

1. Be aware of students who appear to be losing or have lost an excessive amount of weight. Also, note substantial weight gain. Notify the guidance department so they can observe the student and determine how widespread and serious the concern is. Investigate with other school faculty (coaches, lunch supervisors, nurses, etc.) who interact with the student.
2. Notify the guidance department if you notice any unusual habits concerning food, expressions of unhealthy, extreme feelings toward food and body image, or if a student approaches you to share a concern for a friend.
3. In most cases, the guidance department will inform the student of the concern and need for evaluation. The guidance department will, except in extreme emergencies, give the student 24 hours to tell a parent/guardian of the problem. Do not act on behalf of the student, as parents need to take appropriate action.
4. With the student, the guidance counselor will contact the student's family in order to discuss the problem at hand, as well as the next appropriate steps to take. *This is an ideal time for the guidance counselor to contact outside agencies, such as MEDA, to prepare for the parent/student meeting and connect to additional resources, if needed.*
5. Should the student need to connect with treatment resources, it is ideal if one member of the guidance department serves as the contact person in order to keep school personnel informed, as needed.