

Beat

Eating disorders

Introducing School Professionals Online Training for eating disorders

Beat is the UK's eating disorder charity. Learn more about SPOT, our platform to help school staff support someone with an eating disorder, at elearn.beateatingdisorders.org.uk, or contact the training team on training@beateatingdisorders.org.uk or **01925 912829**

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The training has been extremely informative and has provided me with more confidence in working with young people with eating disorders.

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A charity registered in England and Wales (801343) and Scotland (SCO39309).

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From Beat, the UK's eating disorder charity

Eating disorders in schools

School-age children are at a particularly high risk of developing eating disorders, with the pressures and transitions that come as part of school life among the possible triggers for these serious mental illnesses. Bullying, exams, difficulty adjusting to a new environment or way of working, and worry about the future can all affect someone who is vulnerable to an eating disorder. That means school staff are some of the best placed people to spot the early signs, and give pupils they're worried about support to get better.

The sooner someone is able to get help for an eating disorder, the better their chance of making a full recovery. With School Professionals Online Training (SPOT), Beat intends to give those working with school-age children the support they need to recognise an eating disorder, make an early referral to treatment, and support pupils with eating disorders through their recovery journey.

“Children are nine times more likely to talk to a teacher than to a parent about their eating disorder.”

*Knightsmith P (2012). Eating Disorders pocketbook. Hampshire: Teachers' Pocketbooks. p60

What does SPOT offer?

SPOT is an online platform available to anyone working in schools. SPOT provides you with online modules, resources and spaces to talk with other school professionals, and weekly drop-ins with clinicians, allowing you to share knowledge and advice, as well as discuss what you've learned.

SPOT also offers PSHE resources and lesson plans that have been written by our clinical trainers to help you to share positive messages around eating disorders, body image and importance of looking after our mental health.

SPOT is a confidential space for teachers and other staff such as pastoral workers.

E-learning and peer support

We offer a wide range of modules that enable you to learn about what eating disorders are, the psychology behind them, and the importance of early treatment. You'll also gain tools and resources to help you support pupils who are living with an eating disorder at all levels of education and through all stages of their journey to recovery.

You'll be able to connect with others who work in the school environment, using our moderated forums as a safe space to ask questions, get advice, and share what you've learned.

“Great training and information... It made me look at eating disorders from a different angle...”

“Aside from the compelling topic, [the training] just left me feeling empowered and made me feel something that most training courses don't – that I can help the young people in my care with very little if any extra workload or sense of dread!”

Joining SPOT

SPOT has been funded in your area. Go to elearn.beateatingdisorders.org.uk to register for free.