After viewing the program *Understanding Anorexia and Bulimia* and participating in the activities presented in this Teacher’s Resource Book, your students will be able to:

- understand that anorexia nervosa and bulimia nervosa are serious, dangerous diseases
- recognize the warning signs of anorexia nervosa
- recognize the warning signs of bulimia nervosa
- identify many of the physical and psychological consequences of anorexia and bulimia
- recognize that healthy bodies come in all different shapes and sizes
- apply tools to develop a more positive self-image
- gain the ability to keep the importance of body shape and size in perspective
- realize how important it is to build one’s self-esteem from within
- understand that it is not wrong to have unpleasant emotions, such as anger or sadness
- become critical viewers of media messages that implicitly hype thinness as the key to happiness
- learn what to do when a friend is suspected of having an eating disorder