Eating Disorder Awareness and Resources

Eating disorders are serious health conditions that can affect individuals of any age, gender, body type, or background. Early recognition and appropriate professional support can improve recovery.

This page provides age-appropriate information for students in grades 6–12 and their parents or guardians, including information about eating-disorder prevention, warning signs, risk factors, and available support resources.

Possible warning signs

Warning signs may include:

- Significant changes in eating habits
- Skipping meals or avoiding eating with others
- Intense concern about weight, food, calories, or body image
- Compulsive or excessive exercise
- Frequent trips to the bathroom after eating
- Noticeable changes in weight
- Dizziness, fainting, fatigue, or difficulty concentrating
- Withdrawal from friends, activities, or school

A warning sign does not necessarily mean that a student has an eating disorder. Concerns should be evaluated by a qualified healthcare professional.

Getting help

Parents or guardians who are concerned about a student should contact the student's healthcare provider. Students may also speak privately with their parent or guardian, school counselor, school nurse, psychologist, or another trusted adult.

The school does not diagnose or provide medical treatment for eating disorders. School personnel can help connect students and families with appropriate support.
If a student is experiencing a medical emergency, call **911**. For an immediate mental-health crisis, call or text **988**.

Resources for Students & Families

Official eating-disorder awareness and education materials developed by the Pennsylvania Department of Education and Pennsylvania Department of Health will be posted here when they are made available.