

# Lived Experience Individual/Whānau session

**What schools can do; actionable ideas and strategies to support the young person, their whānau, siblings, and friends**

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This session was included in the Whāraurau training for schools on the topic of eating disorders and disordered eating (16<sup>th</sup> March 2022).

**The following notes for schools have  
been provided by the presenters  
from their perspectives**

# What Schools can do:

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- Student's health takes priority
- Accommodate reduced course load, short school day, time off for appts, days off for bed rest, extra snacks, meal monitoring
- Be clear about services you can and can't provide
- Be sensitive to the Student's feelings and concerns, which can include:
  - shame
  - feeling blamed
  - concerns about confidentiality
- Referral to medical and mental health services
- Seek guidance from treatment team - is student safe to participate in PE, sports, field trips etc
- Returning students need help reintegrating & catching up

# What Schools can do:

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- Parents need to be informed early
- Family liaison - supportive relationship with identified staff member
- Decide collaboratively on next steps with student and family
  - Parents to acknowledge the problem & accept school as a partner in treatment
- Work with family to meet medical, psychological, & academic needs
- Residential or inpatient treatment - school may be able to provide lessons to the student in treatment

# Parents in Denial:

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Even if the family minimise or ignore severity – please persevere!

Key Messages to use:

- Eating disorders are life threatening
- It is not safe to ‘watch and wait’ with possible eating disorders in young people
- Treatment is vital
- Resistance to treatment is normal
- Recovery is possible

This Checklist outlines behaviour changes and generates personalised report, with a summary of the information provided and suggested strategies to implement.

<https://feedyourinstinct.com.au/checklist>

It also generates a printable summary for parents to take to the family doctor/GP to help communicate their concerns.

# Friends:

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- They are not the food police
- Encourage them to be:
  - inclusive
  - non-judgemental
  - hopeful
  - a normal friend
  - stay connected
- They will need information, understanding and their own supports

# Recovery:

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- Living life free of eating disorder thoughts and behaviors
- Complete remission of symptoms
- Living a healthy normal life



**State.  
Not weight.**

# Resources for Schools, Parents and Whānau:

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- F.E.A.S.T: The Global support and education community of and for parents of those with Eating Disorders  
<https://www.feast-ed.org>
- Eva Musby: For parents of children and teens suffering from anorexia and other eating disorders  
<https://anorexiafamily.com/?v=8e3eb2c69a18>
- Feed Your Instinct (FYI): An interactive tool designed to support parents of children and young people experiencing different types of eating and/or body image problems  
<https://feedyourinstinct.com.au>
- Love Your Kite: A practical app resource to support eating disorder recovery.  
<https://loveyourkite.com>

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