



#9588

THE FAMILY CRUCIBLE: SHADOWS AND LIES

FANLIGHT PRODUCTIONS, 1999

Grade Levels: 9-13+

24 minutes

DESCRIPTION

Four women reflect on their continual struggles with anorexia and bulimia, two eating disorders that are rampant. The physical and psychological complications impact both the affected and their families. Eating disorders have less to do with food than with psychological illness.

ACADEMIC STANDARDS

Subject Area: Health

- ★ Standard: Understands essential concepts about nutrition and diet
 - Benchmark: Knows eating disorders that affect health adversely (e.g., anorexia, overeating, bulimia) (See Instructional Goals #1, 2, 3, and 4.)

INSTRUCTIONAL GOALS

1. To present the physical and emotional impact of eating disorders.
2. To depict the experiences of women who are in recovery from eating disorders.
3. To report the growing incidence of eating disorders.
4. To emphasize the causes of eating disorders.

VOCABULARY

- | | |
|---------------------|-------------------------|
| 1. addiction | 13. depression |
| 2. anorexia nervosa | 14. diuretics |
| 3. binge | 15. alcoholism |
| 4. puberty | 16. chemical dependency |
| 5. epidemic | 17. eating disorder |
| 6. bulimia nervosa | 18. empower |
| 7. complications | 19. laxatives |
| 8. compulsion | 20. malnutrition |
| 9. consequences | 21. misconceptions |
| 10. vomit | 22. purge |
| 11. fanatical | 23. recovery |
| 12. powerless | |

BEFORE SHOWING

1. Look at magazine advertisements. Consider the messages being sent about what a woman should look like. List what women do to conform to or to rebel against the media images.
2. Brainstorm the reasons that people eat and what contributes to a person's eating habits.

AFTER SHOWING

► Discussion Items and Questions

1. What are the underlying causes of an eating disorder? Why are eating disorders so rampant in society today? What roles does a family play in a person's eating disorder?
2. What is the difference between dieting and an eating disorder?
3. What are the characteristics of anorexia nervosa? Of bulimia nervosa?
4. Why are deceit and manipulation part of an eating disorder?
5. What may be triggers for people with eating disorders?
6. What other problems may many women with eating disorders also have? What are possible consequences of an eating disorder?
7. What is the key thing in recovery from an eating disorder? Where and how can a person get help?

► Applications and Activities

1. Investigate local counseling and support services for persons with eating disorders. Consider contact information and services available.
2. Examine magazine advertisements, media images, and Barbie dolls. Consider how to change each of these to convey realistic and healthy body images.
3. Survey the local community regarding eating disorders, diets, and healthy eating habits.
4. Compare eating disorders with other forms of addiction. Consider alcoholism and chemical dependency. Evaluate the strengths of a Twelve Step Program in aiding a person's recovery.

RELATED RESOURCES



- [Eating Disorders: Profiles of Pain #8257](#)
- [Eating Disorders #9102](#)



World Wide Web

The following Web sites complement the contents of this guide; they were selected by professionals who have experience in teaching deaf and hard of hearing students. Every effort was made to select accurate, educationally relevant, and "kid safe" sites. However, teachers should preview them before use. The U.S. Department of Education, the National Association of the Deaf, and the Captioned Media Program do not endorse the sites and are not responsible for their content.



- **ANOREXIA NERVOSA AND RELATED EATING DISORDERS**



ANRED

Anorexia Nervosa and Related Eating Disorders, Inc.

<http://www.anred.com/>

This nonprofit resource center provides information about a variety of eating disorders for individuals, their loved ones, and professional care providers.

- **EATING DISORDERS ANONYMOUS**



<http://www.eatingdisordersanonymous.org/>

Provides resources and information for persons recovering from an eating disorder.

- **EATING DISORDER REFERRAL AND INFORMATION CENTER**

<http://www.edreferral.com>

This site provides information and treatment resources for all forms of eating disorders.

