

Training for School Professionals: Eating Disorders in young people



Beat, the UK's Eating Disorder Charity, has a platform called "School Professionals Online Training" (SPOT).

SPOT is fully funded for primary, secondary and sixth form schools across the United Kingdom, giving its users access to a plethora of resources for free.

SPOT encompasses interactive e-learning modules where school staff can learn more about spotting the early signs of an eating disorder and how to talk to a pupil who may be exhibiting them. Upon completion of Units 1, 2 and 3 of the e-Learning, SPOT users will receive a certificate.

There are spaces to ask questions and get advice from eating disorder clinicians with weekly drop-ins and forums. Additionally, there are downloadable resources, including PSHE lesson plans and resources to use in lessons on topics such as eating disorders, body image, self-esteem, and social media.

The sign-up link to SPOT is [here](#) and Beat's general web address is <https://www.beateatingdisorders.org.uk/>.

Beat's mission statement:

We are the UK's eating disorder charity. Founded in 1989 as the Eating Disorders Association, our mission is to end the pain and suffering caused by eating disorders.