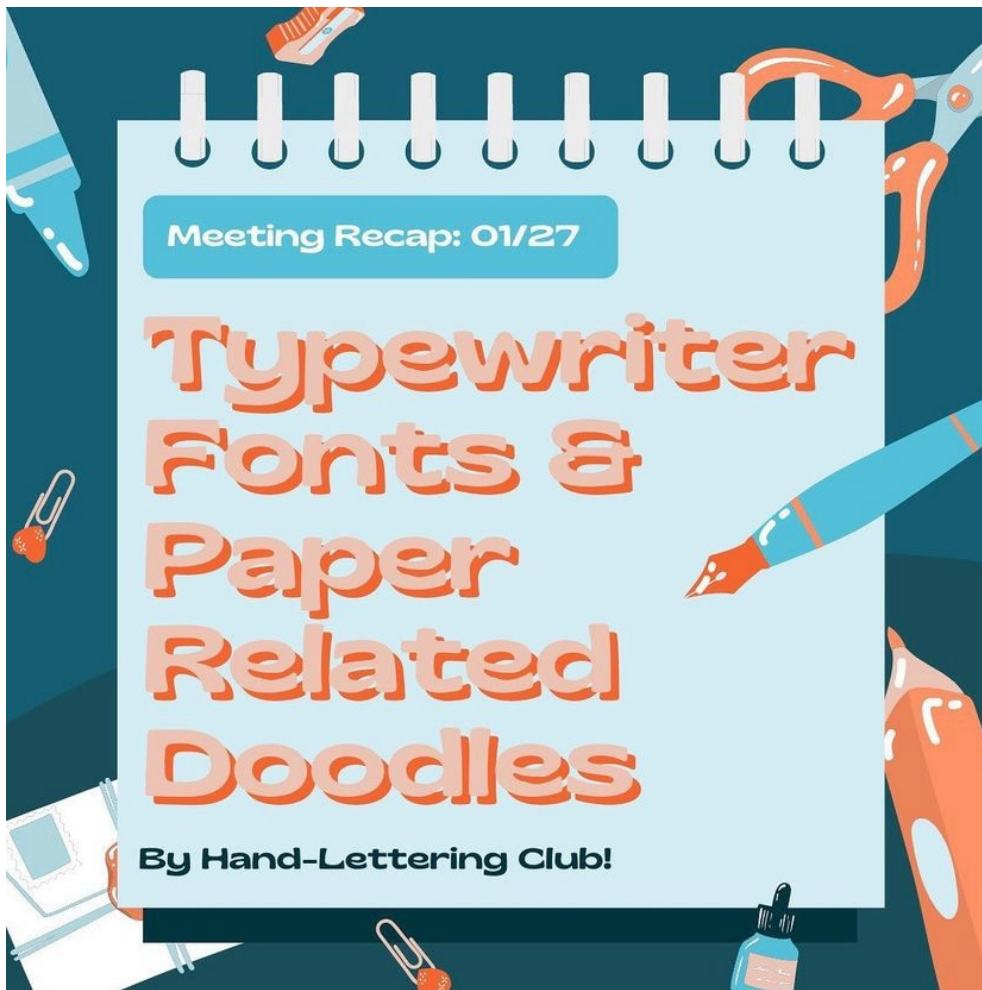
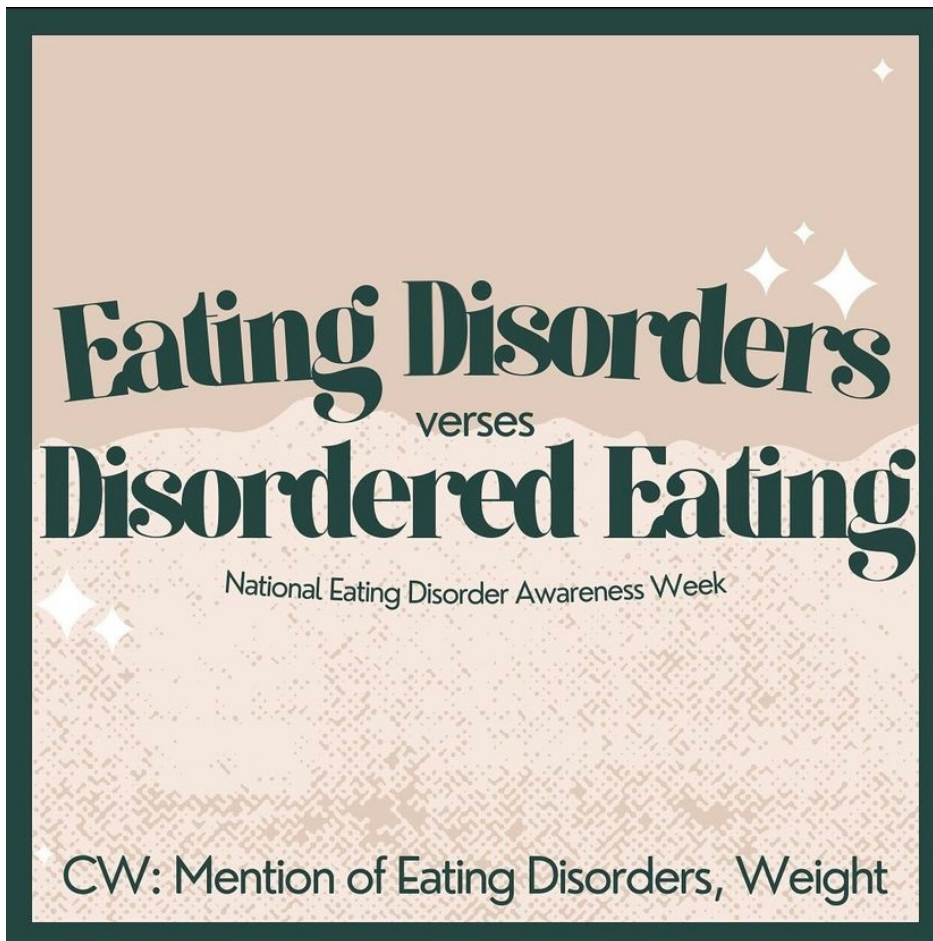


Example 1 [Link](#)





Introduction

1. Eating disorders meet the **diagnostic criteria** set forth by the Diagnostic & Statistical Manual of Mental Disorders. They are a **psychological** issue.
- Disordered eating is **not a diagnosable mental illness**, unlike anorexia, bulimia, or binge eating disorders.
3. However, both eating disorders & disordered eating involve an **unhealthy** relationship with food, should be **taken seriously, & treated**.

The following slides will explore the differences between the two with regards to specific situations.

Intuitive Eating



Disordered Eating

- Those with disordered eating do **not struggle** with intuitive eating—they are able to **experience hunger cues & will satisfy their body's needs.**



Eating Disorder

- Individuals with an eating disorder may experience hunger cues, but either **refuse to satiate themselves or binge.**
- Eating disorders can lead to the **loss of hunger cues** because the body will feel that it wasted energy giving them. This is because the cues to eat get ignored.

Cooking



Eating Disorder

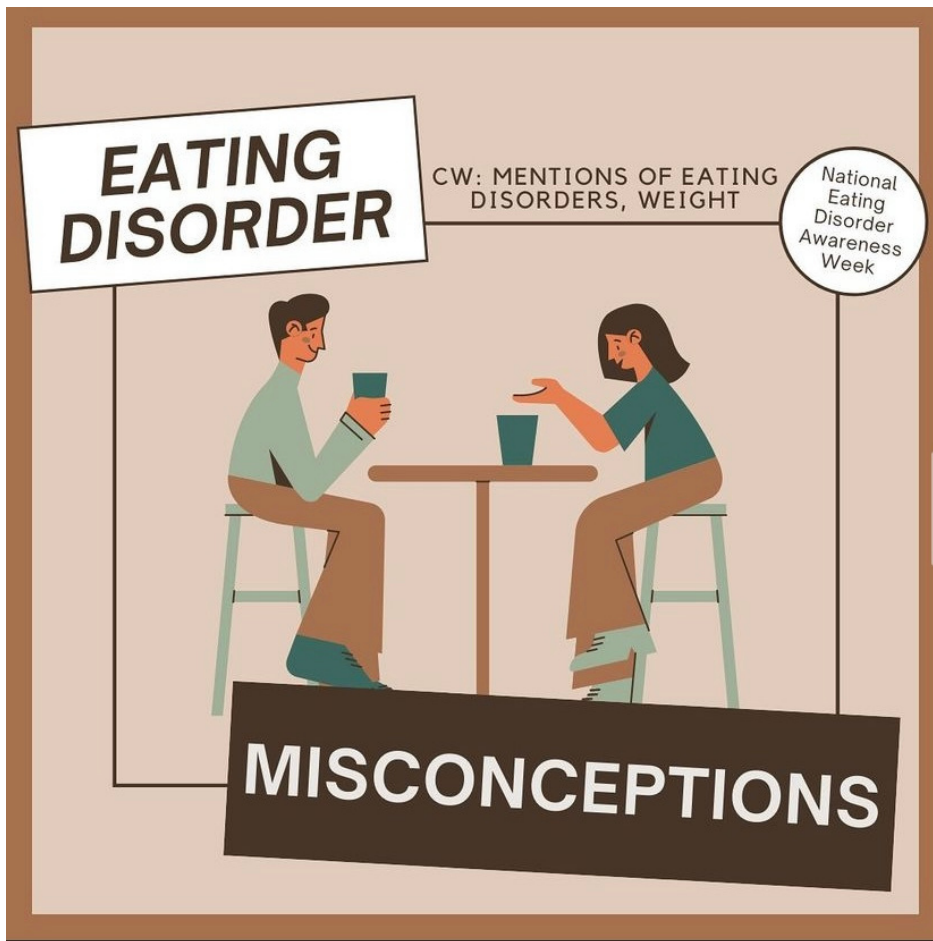
- With eating disorders, there are often certain foods that are deemed "**safe foods**" that one typically sticks to. "**Fear foods**" which are to be avoided.
- Someone with an eating disorder may use specific plates or bowls that they know—they are familiar with what their food looks like in it & **how much it holds.**
- Cooking may serve as a **form of control.**

Disordered Eating

- Cooking **does not** produce a sense of fear or dread for those with disordered eating.



Example 3 [Link](#)



MISCONCEPTION #1

ONLY FEMALES DEVELOP EATING DISORDERS.

TRUTH :

While eating disorders are more common in females, **anyone** can develop an eating disorder **regardless of gender, age, race, ethnicity, culture, size, socioeconomic status, or sexual orientation.**

AMONG INDIVIDUALS WITH EATING DISORDERS, MEN REPRESENT THE FOLLOWING PERCENTAGES :

ANOREXIA
NERVOSA

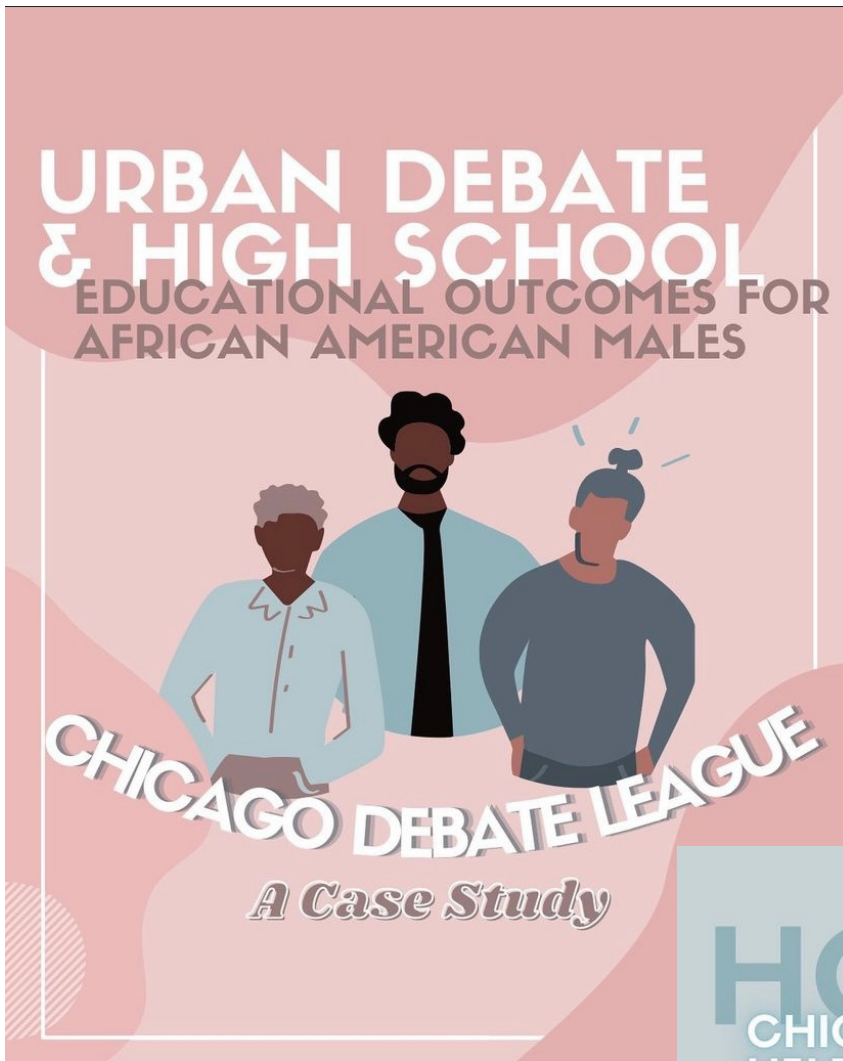
25%

BINGE EATING
DISORDER

36%

BULIMIA
NERVOSA

25%



HOW THE

CHICAGO DEBATE LEAGUE (CDL)
HELPS STUDENTS OF COLOR

*Specifically African
American Males*

1. IMPROVES SCHOLASTIC ACHIEVEMENTS.
2. DEBATERS HAVE HIGHER ACT BENCHMARKS FOR COLLEGE READINESS IN ENGLISH & READING.

HELPS STUDENTS GRADUATE.
3. DEBATERS IN THIS AREA HAD HIGHER GRADUATION RATES THAN THEIR PEERS.

Example 4 [Link](#)

WHAT ~~SHOULD BE~~ DONE *must*

1 UDLS SHOULD BE EXPANDED UPON & RECEIVE SUPPORT FROM THE NSDA

2 SCHOOLS SHOULD PROVIDE EQUAL SUPPORT FOR SPEECH & DEBATE/MUN/OTHER SIMILAR ACTIVITIES & SPORTS.

3 FIGHTING RACISM/DISCRIMINATION IN GENERAL IN OUR OWN COMMUNITY.

WE NEED YOUR HELP CHOOSING OUR BEYOND RESOLVED STICKER DESIGN!

 **BEYOND RESOLVED CA**
CONNECT. DEBATE. EMPOWER.







