



Eating Disorder Education for Dancers, Teachers and Families

Protective Factors

Everyone can take part in building an individual's resilience towards eating disorders and disordered eating behaviours and thoughts. Below are some protective factors. The good news is that many of these factors can be practiced and nurtured.

Individual Protective Factors

- Emotional well-being
- Positive body image
- Being self-directed and assertive
- High self-esteem
- Media literacy – the ability to critically process media images and messages
- Good social skills
- Helpful coping skills and problem-solving abilities

Family Protective Factors

- Belonging to a family that does not overemphasise weight and physical attractiveness
- Eating regular meals with the family
- Good family relationships

Sociocultural Protective Factors

- Belonging to a culture that accepts a range of body shapes and sizes
- Social support structures and relationships where weight and physical appearance are not of high concern

Information courtesy: National Eating Disorders Collaboration

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