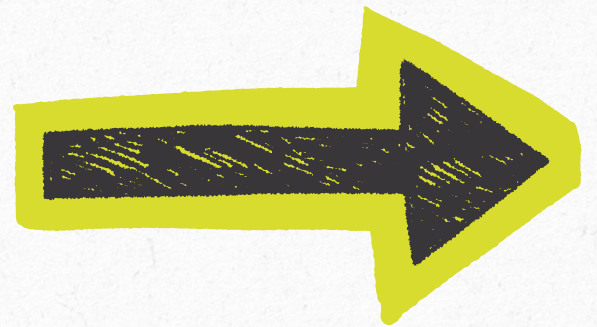


Normalising conversations
about food, bodies, and
mental health creates

safe spaces

for people affected by
disordered eating



We can all play a part in creating safer spaces for people affected by EDs.

Safe spaces are created when friends, families, and leaders learn to...



Speak openly about their own struggles and relationship with food/body in appropriate ways



Model non-judgmental language



Gently interrupt harmful talk (diet culture, body shaming, moralising about food)



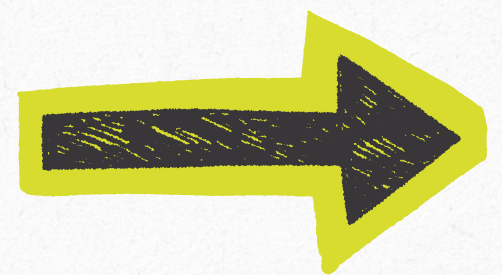
Show that vulnerability is welcome



Change begins when someone is brave enough to say:

“I care about the way we talk about food and bodies. Can we try to shift this?”

Here's some changes you might try
to bring about in different circles...



What that looks like in...

families



Avoid praising and criticising bodily appearance (your own or others), especially weight changes.



Replace “good/bad food” language with neutral language: food as fuel, food as nutrition.



Invite check-ins like: “How are you feeling in your body lately?” instead of “Are you eating too much / not enough?”



Create a culture where emotions can be talked about safely, not dismissed.



What that looks like in...

friendship groups



Make an agreement together that body shaming and diet talk aren't bonding rituals.



If someone brings up dieting, respond with curiosity rather than joining in:
“What’s been coming up for you around that?”



Normalise going to therapy, seeking mental health support, and asking for help.



What that looks like in...

workplaces & schools



Provide education about eating disorders that centres lived experience.



Train leaders to respond with compassion rather than control when somebody opens up about a mental health concern.



Make mental health resources visible and accessible.



For individuals wanting to start the conversation...

You don't need a big speech.

Start small. Start with connection:



“I've been thinking a lot about diet culture lately.”



“I notice I feel uncomfortable when we talk about weight loss — can we try something different?”



“I want our space to feel safe for everyone.”

This opens up a space where others can share what they've been experiencing too.