

Digital Citizenship K-8

Lesson Title: *Hillary's Story*

Grade Level: Elementary and Middle School

Main Character: Hillary

SEL Competencies: Self-management, Responsible Decision Making

Introduction

Hillary is a middle school aged student who has generally made good choices and had earned her parents' trust. Despite being a healthy weight, she began to develop an unhealthy body image which was fueled primarily by connecting with "pro-ana" websites. With negative encouragement from these websites, Hillary became anorexic. Now in recovery, she shares her story.

Activity 1

Watch the video: *Hillary's Story*

Watch additional support video featuring Juna Griffith

Watch additional support video featuring Ken Haller

Activity 2

If you are working with a team each person should take time to reflect individually before discussing with a partner or the group.

Teachers likely have taught students with eating disorders, but because of the personal nature of these diseases, teachers might not know that a student has struggled with an eating disorder. With this in mind, consider Hillary's situation or a student you know.

Watch the video of Juna Griffith again.

What supports could an educator provide if a parent confided that child had an experience like Hillary's? Why are these supports essential? What ongoing resources are needed for this student? What is a school's place in supporting this student?

Activity 3

Watch the video of Ken Haller again.

Dr. Haller discusses how negative body images affects boys as well as girls. Do you believe that most of the parents in your school or community context have thoughtfully considered the effects on boys of poor depictions body images in popular culture? Why or why not?

Develop a set of “best practices” that you could readily share with a parent should you be asked for your professional advice about their children. Include ideas you would share on the issues of internet safety, the effects of depictions of body image on all students (not just girls) and the additional school personnel who could provide further support (such as school counselors or school psychologists). The goal of this exercise is for you to have a plan at the ready should a parent seek your advice.

Activity 4

Consider your school context.

Hillary talks not only about how she became ill and her recovery, but also her understanding that she continues to struggle. How would you rate your school on supporting students like Hillary? Is there more that could or should be done? Why or why not?

Does the culture at your school promote positive inclusive body images for all students and all genders? If your school culture is seriously concerning, do you believe this is because of intentional choices? Why do you believe as you do?

If you are concerned about the culture at your school what actions are needed? Is the wider community or national culture also influencing your school’s culture negatively? Develop an action plan based on your thoughts, consider allies and policy changes that might be needed as part of your plan.

Additional Resources for Growth

American Academy for Pediatrics Healthy Children
<https://www.healthychildren.org/english/Pages/default.aspx>

National Association of School Psychologists
<https://www.nasponline.org/>