

ENGAGING WITH DISORDERED EATING CONTENT ONLINE

Consider:

- ★ Blocking/muting/unfollowing/
reporting
- ★ Conscious liking/commenting
- ★ Clearing history
- ★ Offline/soft content distractions
- ★ Offline support networks

Seeking Online Support:

www.beateatingdisorders.org.uk
www.talk-ed.org.uk