

## Avoid...

Including detailed descriptions of eating disorder behaviours and specific numbers

Examples: Exercise duration, Weight, Calories, BMI

Using language that praises or moralizes eating disorder behaviours

Example: "Her willpower and self-control are so admirable"

Describing the eating disorder as the person's possession or using the eating disorder to describe the person

Examples: "His eating disorder," "Anorexic," "Bulimic," Labeling weight loss/gain as "looking anorexic," "looking bulimic"

Using photos that imply that eating disorders will always have visible physical symptoms

Examples: Before vs. after photos, Pictures of emaciated individuals

Using language implying that eating disorders are a lifestyle choice

Example: "They chose to engage in certain behaviours"

Using stock images that are stereotypically associated with eating disorders

Examples: Empty plate, Measuring tape, Scale

## Instead...

Consider how eating disorders can impact someone's mental, social, emotional, and spiritual wellbeing

Example: Focus on the feelings and emotions someone experienced

Focus on the emotions that someone might experience when living with an eating disorder

Example: Coping with difficult emotions, traumatic or oppressive circumstances, and feelings of self-worth can influence eating disorders

Use person-first language

Examples: "Person with anorexia," "Person living with binge eating disorder"

Use images that convey other aspects of living with an eating disorder and diversify representation within photos

Examples: Use images that convey emotions that someone might experience, Include diverse body shapes and sizes

Examine how intersecting forms of oppression influence the development and experience of an eating disorder

Example: Coping with difficult emotions, traumatic or oppressive circumstances, and feelings of self-worth can influence eating disorders

Use images that convey other aspects of living with an eating disorder. [This website](#) lists many stock imagery libraries to find diverse stock photos.

Examples: Use images that convey emotions that someone might experience, Include diverse representations of people within photos