

Name _____

The Dangers of Eating Disorders: A Journey to Wellness

Open-Ended Response Answer Key

1. (Answers may vary but could include descriptions of feelings of guilt, shame, low self-esteem, and social isolation)
2. Early intervention and support can make a difference by helping individuals receive treatment and develop healthier relationships with food and their bodies, improving their chances of recovery.
3. (Answers may vary but could include offering non-judgmental listening, encouraging professional help, and being patient and empathetic)
4. Raising awareness about the dangers of eating disorders is important because it can reduce stigma, encourage early intervention, and promote understanding and support for affected individuals.
5. Seeking professional help is crucial because trained experts can provide tailored treatment plans, therapy, and medical guidance that are essential for managing and recovering from eating disorders.

