



**RADIANCE ACADEMY  
TOOWOOMBA**  
**Where dancers shine!**

High Street Shopping Centre  
Phone Sally on 0437 012 653  
radianceacademytoowoomba.com  
office@radianceacademytoowoomba.com

PO Box 8149  
Toowoomba South Qld 4350

05/01/2021

**Document 13      Eating Disorders in Dancers**

We do:

- As a teacher and role model, we are always be careful when you talk about body size and weight. What you say could be misunderstood or taken to extremes. Teachers of young dancers have a responsibility to be aware of the signs that might indicate problems, and to take steps towards early intervention.
- Monitor dancers for any signs that they may have an eating disorder and report any concerns to management who will decide if any intervention such as discussion with parents of the dancer involved may be necessaryPsychological symptoms to be aware of:
  - increased preoccupation with body shape, weight and appearance
  - intense fear of gaining weight
  - constant preoccupation with food or with activities relating to food
  - extreme body dissatisfaction/negative body image
  - distorted body image (complaining of being/feeling/looking fat when actually a healthy weight or underweight)
  - heightened sensitivity to comments or criticism about body shape or weight, eating or exercise habits
  - heightened anxiety around meal times
  - depression, anxiety

- moodiness or irritability
- low self-esteem (feeling worthless, feelings of shame, guilt or self-loathing)
- rigid 'black and white' thinking (viewing everything as either 'good' or 'bad')
- feelings of life being 'out of control'
- feelings of being unable to control behaviours around food
- fear of growing up/taking on adult responsibility

#### Acknowledgements

- *Safe Dance Project Report* by Tony Geeves, Ed.Hilary Trotter Pub. Ausdance 1990  
Jeremy Freeman, Centre for Eating & Dieting Disorders

#### Further information

##### [What Is Anorexia Nervosa?](#)

- [International Journal of Eating Disorders](#)