



Pick up & go PSHE

86% of young people who have suffered from an eating disorder developed symptoms within their secondary school years.

However, few schools teach the subject as there are very limited resources available for teachers to teach this at KS3 and KS4.

beat have created Educate Too, a unique education programme designed specifically to create strategies to boost self-esteem, build knowledge, raise awareness and ultimately preventing the development of eating disorders.

By creating strategies to boost self-esteem, educate students about the powerful influence of the media, by discussing eating disorders openly and beating myths and misconceptions, Educate Too will prevent the development of eating disorders. The programme will equip them with coping strategies and sources of information find should they, their friends or families find they need support.

With the government placing more importance on PSHE, expressing plans to make this a statutory programme of study in 2011, Educate Too will be an invaluable resource.

Educate Too is available to download from 4th January 2011. Pre-order now!