

MARCH COUNSELING NEWSLETTER



WOMEN'S HISTORY MONTH & GENDER EQUALITY

In the month of March, Gender Equality is celebrated to empower women around the world to strive for equality in their work and to celebrate women's historical contributions to society. "Today, 740 million women make their living in the informal economy with limited access to social protection, public services, and infrastructure that could increase their productivity and income security. One in three women are likely to face violence in their lifetimes, yet public services, urban planning, and transport systems are rarely planned with women's safety and mobility in mind, reports UN Women."

Women's History Month had its origins as a national celebration in 1981 when Congress passed Pub. L. 97-28 which authorized and requested the President to proclaim the week beginning March 7, 1982, as "Women's History Week." We remember that regardless of obstacles, women remain to be pillars of influence at work, at home, and around the world.

1. <https://www.personalizedcause.com/health-awareness-cause-calendar/gender-equality-months>

EATING DISORDER AWARENESS MONTH

Eating disorders can be a difficult and challenging subject to discuss. However, this mental illness is becoming more and more common among young students. Sadly, our culture promotes a perfect body and can contribute to a destructive relationship with food, body image, and self-acceptance.

An eating disorder can be difficult to spot. Symptoms can easily be hidden and differ by type. The various types of this disorder are classified as anorexia, bulimia, and binge eating. Anorexia is when an individual may eat a normal amount of food, but then feel an immense amount of guilt which results in vomiting, taking supplements, and or over-exercising.

Anorexia can also be displayed as minimal portion sizes or the lack of eating at all. Someone who suffers from bulimia may overindulge and consumes a massive amount of calories In a single binge episode. Many then display purging which includes individual vomiting or taking supplements. Binge eating is similar to bulimia but the main difference is "Unlike individuals with bulimia, those with BED feel distressed and guilt about the amount of food consumed but don't resort to purging." The best proactive way to care for your student is to be aware of the signs and create a positive environment with their relationship with food and their outlook on their self-image.

**28.8 MILLION
AMERICANS**

28-74%

6%

**28.8 MILLION AMERICANS, WILL HAVE AN
EATING DISORDER IN THEIR LIFETIME**

**LESS THAN 6% OF PEOPLE WITH EATING
DISORDERS ARE MEDICALLY DIAGNOSED
AS "UNDERWEIGHT."**

**28-74% OF RISK FOR EATING DISORDERS IS
THROUGH GENETIC HERITABILITY**

RESOURCES



- Women's History Month
- Women's History Month Museum
- Gender Equality
- What is an Eating Disorder?
- Eating Disorder Information and Support
- Eating Disorder at School
- Eating Disorder Screening and Treatment Resource