

Consider the language you use when referring to eating disorders

Choosing language that reflects and empowers individual experiences, is not sensationalised, is understandable and is adapted to individual preferences or audience is recommended.

Preferred

- ✓ A person with a lived experience of an eating disorder; a person with a diagnosis of bulimia; they are accessing treatment for anorexia nervosa
- ✓ Use language that does not focus on appearance, size, weight or shape
- ✓ If necessary, use general terms such as 'purging', 'bingeing', 'restricting'
- ✓ Use simple language without value judgements

Problematic

- ✗ An anorexic; bulimic; binger-eater
- ✗ Describing people as thin, skinny, fat or giving specific weights
- ✗ Detailed and specific information on how a person engaged in behaviours, or frequency of behaviours
- ✗ Successful pursuit; unsuccessful attempt