


## Best practices in VET/education

### i. Prevention of eating disorders – life per kilogram - Bulgaria

Organisation	Foundation “Outside the circle”
Location and timing of practice	The initiative was developed in Bulgaria. It started in October 2016 and continues to this day, operating in Sofia and 6 other cities in the country.
Title	 <p>“Life per kilogram”</p>
<p><b>Objective:</b></p> <p>“Life per kilogram” is the first program in Bulgaria aimed at eating disorder prevention. The main target group is students between ages of 12 and 18, but parents and teachers are also involved. The purpose of working with students is so that they can be given appropriate information in an accessible way so that they can recognise the factors that may trigger eating disorders and symptoms and then react appropriately.</p>	
<p><b>Detailed content:</b></p> <p>The program is specially developed and includes interactive exercises and discussions. It is carried out by a team of psychologists and psychotherapists who meet with students in a school setting. There are three meetings in total, each upgrading the others. The first meeting deals with appearance, role and beauty models, the way we perceive ourselves and the relationship between appearance and eating disorders. The second meeting addresses the topics of inner emotions, their recognition and how to overcome them. The third summarises and makes sense of the first two meetings: students learn what types of eating disorders exist and how a person can seek help in a situation of risk. These sessions make clear that eating disorders are, above all, a mental health issues, where kilograms and eating behaviour are only the most visible part. Students realise that there is a link between eating disorders and internal conflicts related to emotions and our internal or external environment.</p> <p>Another aim of the project is the implementation of additional activities through which the topic should become more visible and widely accessible. An example of such activity is the exhibition "100 grams of tenderness". The photos in it are from the homes of people with eating disorders. They show the usual details that can be seen in every house, but through the prism of a nutritional problem, these details take on a completely different symbolic meaning. The exhibition is an experience that makes people think, look at themselves and at the same time feel, understand and see in a different way what is happening in the souls of people</p>	



suffering from an eating disorder.	
<p><b>Evaluation of results:</b></p> <p>A major strength of the program is that it works directly with students and the approach to work is interactive and experiential.</p> <p>Over 2000 students have been included in the programme from 17 schools in different cities across Bulgaria. More than 300 parents were involved with the topic. Psychologists from other cities have been trained in the program methodology so they can provide the service in schools at regional level.</p> <p>One of the main indicators of success is that new schools are contacting the team and offer to work together.</p>	
<p><b>What makes it a good/best practice?</b></p> <p>"Life per kilogram" is the first and only charity project in Bulgaria that focuses on the prevention of eating disorders, working directly with students. It has been successfully developing for four years now, showing stability and expanding its activities with new initiatives that provoke reflection on the topic among the general public. The project's activities are covered in news programs, magazines, newspapers, radio programs, television, websites, etc., which contributes to its recognition and popularity among the public.</p>	
<p><b>Other information</b></p>	<p>Website: <a href="https://zhivotnakilogram.com/">https://zhivotnakilogram.com/</a></p> <p>Social Media:</p> <ul style="list-style-type: none"> <li>- <a href="#">Facebook</a></li> </ul> <p>Available in Bulgarian.</p>
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## ii. Päihdeilmiö lessons - Finland

<p><b>Organisation</b></p>	<p>Ehyt ry (Finnish Association for Substance Abuse Prevention)</p>
<p><b>Location and timing of practice</b></p>	<p>“Päihdeilmiö” lessons for secondary level students (VET schools and upper secondary schools) all around Finland.</p>
<p><b>Title</b></p>	<p>“Päihdeilmiö” lessons (Substance phenomenon lessons)</p>

