

L I L Y C O L L I N S

# Project HEAL



[theprojectheal.org](http://theprojectheal.org)

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A NETFLIX FILM

## TO THE BONE

DON'T FADE AWAY

**NETFLIX** | PREMIERES  
**JULY 14**

# To The Bone

## Project HEAL's Advice for the Community and Discussion Guide



Netflix launched TO THE BONE on July 14, 2017. This film follows the journey of a 20 year old female who is living with anorexia nervosa. In response to the film, Project HEAL developed a discussion guide to assist viewers in talking about eating disorders. Please also view our [FAQs](#) for additional information on this film and Project HEAL's involvement with the film.

# To The Bone

## Project HEAL's Advice for the Community

Adapted from the Butterfly Foundation Advice  
for the Community: NETFLIX Film "To The Bone"

### **RESPONSIBLE VIEWING**

This film may have the potential to negatively affect those who are struggling with eating disorders. We recommend carefully evaluating where you are in recovery before deciding to view this film.

### **PARENTAL SUPERVISION**

This film includes some profanity and content that may be inappropriate and/or difficult for adolescent minds to fully comprehend. Parents/guardians should be mindful of this and speak with their children about the film. Additionally, we strongly recommend young people speak with their parents/guardians about this film before viewing. Should parents/guardians allow their child to watch the film, we encourage watching it together, as it will be helpful to discuss any issues, thoughts, or concerns that may arise.

### **SELF CARE**

Some parts of this film may generate uncomfortable and complex thoughts and feelings. It is important for those in recovery from an eating disorder to seriously evaluate the potential pros and cons from watching this film. Should the film cause mental discomfort and/or challenging thoughts and feelings, we highly recommend reaching out to someone you are close with (e.g. loved one, close friend, therapist, teacher, etc) and debrief your experience. Talking through your experience can help you further process your feelings and offer insight if further support and resources are needed.

### **STARTING CONVERSATIONS**

It is incredibly important to have appropriate conversations about the seriousness of eating disorders, and the significance of reaching out for help.

### **BE AWARE**

In order to offer appropriate and helpful conversations regarding eating disorders, it is imperative to first be sure you are educated on the different types of eating disorders, warning signs that someone may have or be at risk for an eating disorder, have knowledge of treatment and support options (especially those local to you), and understand the language to use when trying to help a loved one, friend, peer/co-worker, or student who you think may be struggling.

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### **SUPPORTING AND APPROACHING SOMEONE**

If you are concerned that someone you know may be struggling with an eating disorder, reach out and let them know you care and are there to support them. It is important to learn how to have this conversation in a way that is supportive and not shame-inducing. While the most effective form of support and intervention will vary from person to person, here are a few guidelines:

- Educate yourself: You may not be able to understand what your friend or loved one is going through, but you can set the stage for open and productive communication by learning more.
- DON'T stay silent: Eating disorders are serious and potentially life threatening; the longer they go on, the harder they can be to recover from. Therefore, if you suspect your friend or family member is struggling, it is important to address it.

- But DO plan when to speak: Having a conversation with your friend or family member about their disordered eating can be incredibly difficult, especially the first time you bring it up. Find an appropriate time and a safe space to express your concerns. Don't impulsively accuse your loved one in the moment if you see them behaving in a unhealthy way, but instead make time for a supportive discussion on neutral territory.
- Continue communicating: Bringing up your concerns won't automatically lead to a solution and you may even encounter some resistance from your friend or loved one. Don't be frustrated or place blame if he/she is not ready for recovery and certainly don't try to enforce a "cure" yourself. The important thing in this stage is to continue checking in and to be a resource for care.
- Remember that you cannot force someone to seek help. But if you are concerned for your friend or family member's safety it may be appropriate to seek guidance from a medical professional.

### **DISCUSSION QUESTIONS**

We have created some Discussion Questions to help guide conversations about eating disorders from this film. If watching this film as group, we recommend debriefing the film viewing experience with these questions.

# To The Bone

## DISCUSSION GUIDE

Having a discussion about this film can help viewers to better understand the complexity of eating disorders. It may provide an outlet for viewers who need help. It is also an opportunity to dispel the myths and stigmas around eating disorders.

Before watching this film, please note that this film may have the potential to negatively affect those who are struggling with eating disorders. We recommend that each viewer carefully evaluating where they are in recovery before deciding to view this film.

If you would like guidance on some standard answers to these, please reach out to [contact@theprojectheal.org](mailto:contact@theprojectheal.org)

- What about eating disorders do you think was accurate from the film? What do you think was missing? If you do not have a knowledge base about eating disorders, what were you surprised about in the film?
- Eli/Ellen's family dynamics and understanding/misunderstanding of her illness was very prominent in the film. Why do you think this was an important aspect in the storytelling of this film?
- If you are recovered from an eating disorder, what messages from this film do you think are important? What would you have done differently if you were the writer/director of this film?
- What would you do if you thought one of your friends or family members was suffering from an eating disorder? If you know someone with an eating disorder, what do you think is the best way to support them?
- What in this film made you uncomfortable and why?
- What are your takeaways from this film?
- Overall, what did you learn from this film?

# Resources

Visit [www.theprojectheal.org](http://www.theprojectheal.org) for stories of hope and inspiration. Full Recovery is Possible.

In addition to the help we provide at Project HEAL, there are additional resources available to help you on the path towards recovery from your eating disorders, and get proper education for you and your family.

## INTERNATIONAL/NATIONAL EATING DISORDER

- [theprojectheal.org/e-d-ucateyourself/external-resources/](http://theprojectheal.org/e-d-ucateyourself/external-resources/)

## CRISIS COMMUNICATION

- [theprojectheal.org/e-d-ucateyourself/external-resources/](http://theprojectheal.org/e-d-ucateyourself/external-resources/)

## PROJECT HEAL'S FREQUENTLY ASKED QUESTIONS ABOUT TO THE BONE

- [myemail.constantcontact.com/Project-HEAL-s-FAQ-s-about-To-The-Bone.html?oid=1104105123190&aid=4DxDVzZzUk8](http://myemail.constantcontact.com/Project-HEAL-s-FAQ-s-about-To-The-Bone.html?oid=1104105123190&aid=4DxDVzZzUk8)

