



SPOT – School Professionals Online Training

<https://elearn.beateatingdisorders.org.uk/>

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What is SPOT?

SPOT (School Professionals Online Training) is Beat's e-Learning platform designed for School Professionals



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Who can access SPOT?



SPOT is fully funded in UK for Primary and Secondary Schools

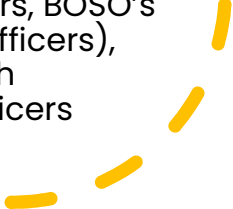
It is available for **ANYONE** who works within a school capacity

This includes:

- Teachers, Designated Safeguarding Leads, lunchtime staff, school librarians

Roles which work on a 121 or group basis within schools

- School nurses, school counsellors, BOSOs (Behaviour Outreach Support Officers), EMHPs (Education Mental Health Practitioners), Safeguarding Officers





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What does SPOT have to offer?

SPOT offers access to a plethora of resources including:


- **e-Learning modules** about different eating disorders, as well as PSHE resources
- **Forums and chatrooms** to discuss with our CAT's (Clinical Associate Trainers) or Lived Experience Trainer
- **Workspaces** where you can discuss with likeminded professionals about your experiences



Talk to a trainer

Use this forum to ask one of our clinical trainers.


Please note that this forum will be checked intermittently so responses may not be immediate.



Children are nine times more likely to talk to a teacher than to a parent about their eating disorder.*

*Knightsmith, P. (2012). Eating Disorders pocketbook. Hampshire: Teachers' Pocketbooks. P.60


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Learn







Learn through our e-Learning modules what eating disorders are, facts and misconceptions, spotting signs, supporting pupils in primary and secondary, and lots more


There are PSHE resources, lesson plans, toolkits and handouts to help support you better in the classroom



Course Catalogue

Current Learning

 AFRD <input type="text"/>	 Eating disorders and physical health <input type="text"/>	 Treating eating disorders <input type="text"/>
 Food and mealtimes <input type="text"/>	 Supporting pupils of primary school <input type="text"/>	 Supporting pupils of secondary school <input type="text"/>



Teaching about eating disorders

You may be anxious about teaching lessons which explore eating disorders for fear they may do more harm than good.




Do not avoid talking about these topics, as this provides an opportunity to increase understanding and support pupils to support.

However, care must be taken over what is said, and the information shared.


It is especially important to plan and teach the lesson with the assumption that there is a pupil in the room who is more vulnerable to experiencing trauma or distress in relation to the topic, even if you're not aware of them.


When drawing on case studies or video resources, ensure that these do not inadvertently provide a how-to guide for pupils at risk of vulnerabilities.

For example, explicit discussion of means of self-harm or weight loss can be instructional rather than preventative.


Taking a coordinated and evidence-informed approach to mental health and wellbeing in schools and colleges can also help foster resilience to learn.





Your Learning


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Chat with the Experts


Each Tuesday at 12pm, you can launch this chat to speak directly to a dedicated expert.

Launch Chat




Support

- Through “Chat with the Experts” you will have the opportunity to speak with our clinicians in real time, where they can offer advice or support
- Other means of contact are our Forums and Chatrooms where you can discuss with our clinicians as well as your peers




Forums




Chat Rooms

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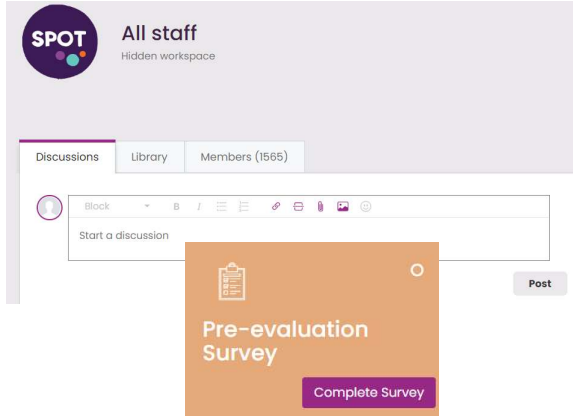
Engage



- On SPOT you will also have access to Workspaces which you will be automatically allocated upon completion of the **pre-evaluation** survey
- Once we have the appropriate information you will be enrolled into a Workspace with other professionals who have the same or a similar role to you
- From here you can discuss experiences, post useful resources, seek advice from fellow professionals or offer support and guidance




Workspaces



The screenshot shows a workspace titled "All staff" with 1565 members. It features a "Discussions" tab, a text input field with "Start a discussion", and a "Pre-evaluation Survey" button with a "Complete Survey" link.

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SPOT Demo

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POD

POD – Peer support and Online Development

- POD is our e-Learning platform designed for parents and carers of those suffering with ED's, providing them with a place to find community and share experiences.
- Access to events such as:
- **Interactive workshops** to help carers utilise POD to its full potential
- **Carer skills workshops** – Developing Dolphins, Raising Resilience and Solace



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Any questions?

Contact: ellearn@beateatingdisorders.org.uk
Website: <https://www.beateatingdisorders.org.uk/>
Sign up for POD or SPOT: <https://ellearn.beateatingdisorders.org.uk/>

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