

Body Image In Law School

AALS Balance and Well-being Section
Student Presentation

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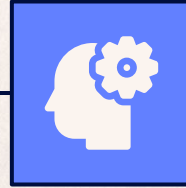
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graph LR; A[Aspects of Body Image] --- B[Disordered eating]; A --- C[Mental health]; A --- D[Identity]
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Aspects of Body Image



Disordered eating

Negative body image coexists with disordered eating.




Mental health

Body image can contribute to shifts in mental health.



Identity

Intersections of identity contribute to disordered eating.

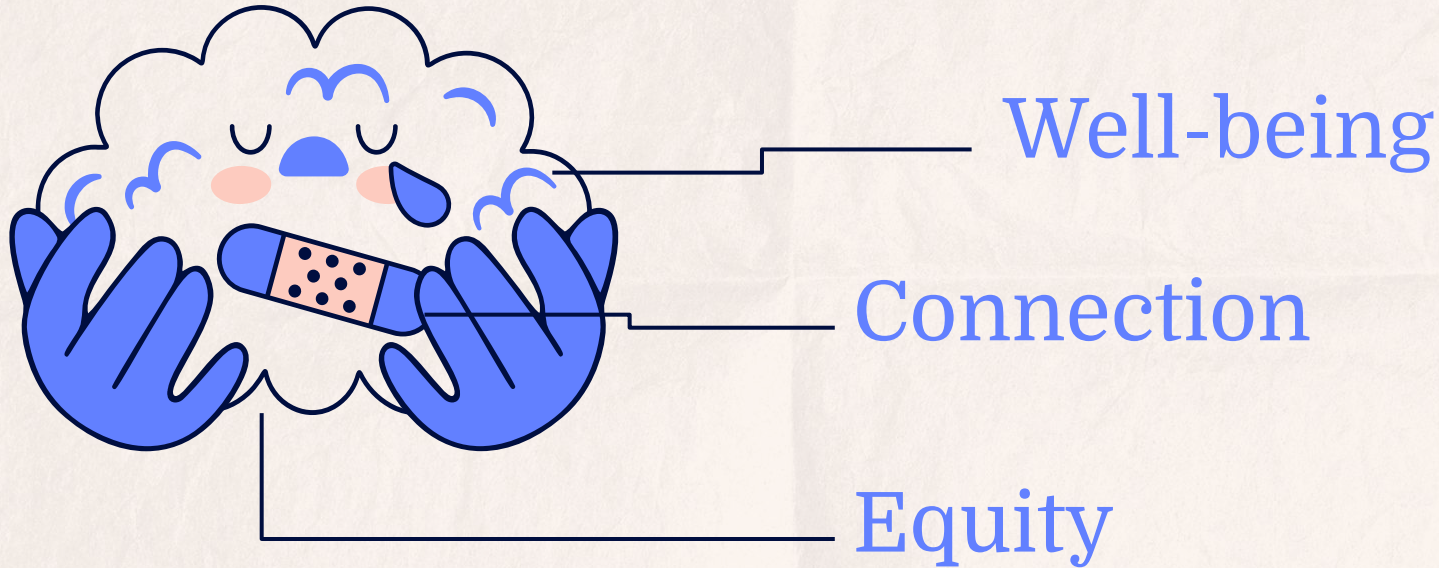


27%

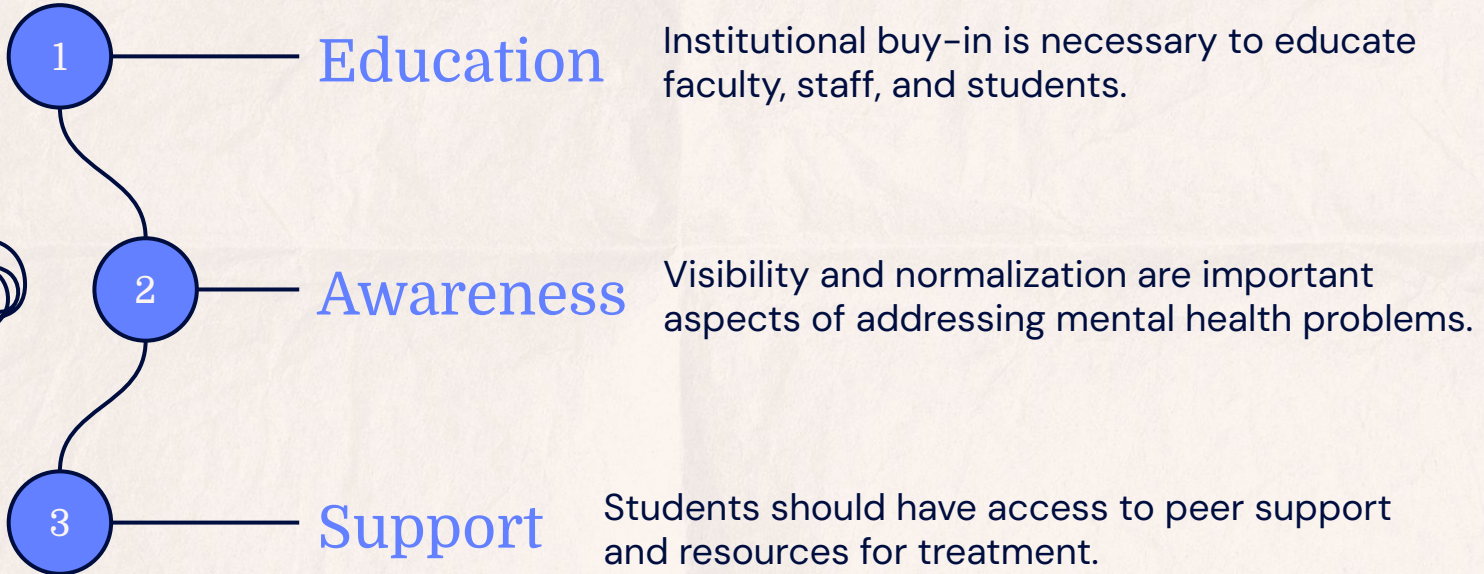
of law students show signs of
disordered eating



Why should law schools care?



How can law schools address this?



Education and Awareness

Integrate

See what resources your university already offers relating to disordered eating.

1

Resources

Make available information for both students and staff/faculty.

2

Visibility

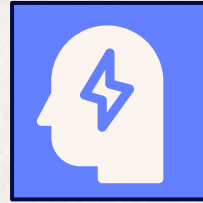
Encourage institutional support through speakers, events, and/or poster campaigns.

3

Accountability

Make it known to students that they can report inappropriate comments.

4



<https://www.nationaleatingdisorders.org> has a wide breadth of information on their website. They have educator specific information about the importance of awareness and best practices in the classroom as well as literature for students.



Support: Online or In Person



If your institution does not offer support groups for students with eating disorders, consider creating a group either online or in person. An in-person group could look like students meeting in a classroom. An online group could be on any online platform (I use Podia), but must be monitored or maintained by an individual.

Did you know that
27% of US law
students show signs
of disordered eating?

Let's talk about it.

**Join the Kansas Law
Student Eating Disorder
Online Support Space**

<https://tinyurl.com/KSEDsupport>



A screenshot of a Podia website page for a community. The top navigation bar includes 'Site', 'Products', 'Community', 'Email', 'Audience', and 'Sales'. The main content area features a banner for the 'Kansas Law Student Eating Disorder Support Space' with an icon of two hands holding hearts. Below the banner is a 'Home' section with a 'New post' button and a post by 'Corinne' (Founder) titled '2023-2024 School Year' with the text 'Hello everyone! I am hoping to hit the ground running this fall and get the word out about the website. I would like to ...'. The left sidebar shows a 'Community' menu with options like 'Home', 'Members', 'Search', and 'Settings', and a 'Topics' list including 'Community Guidelines', 'Law School', 'Memes', 'Resources', 'Weekly Check-In Channel', 'What's on your mind?', and 'All topics'.

[Access example of community guidelines for support groups here](#)

Questions or comments?

Reach me at corrinneym@ku.edu

Link to slides and notes in the chat.

