



# Eating Disorders Action Group

*a community based, charitable organization dedicated to promoting healthy body image and self-esteem and to supporting individuals who experience disordered eating*

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## Code of Ethics

Members of the Eating Disorders Action Group agree to:

1. Respect the needs and values of each individual, maintain integrity and empathy and communicate effectively and honestly.
2. Respect confidential information.
3. Promote EDAG as an individual member, but represent the organization to the community only when authorized.
4. Work to nurture the abilities of each other so as to share skills, leadership and responsibility equally within the organization.

## Philosophy

We believe that:

1. Recovery from an eating disorder is possible, and there are many paths to wellness.
2. Everyone has the ability to feel good about themselves and their body.
3. Individuals who experience eating disorders should be full participants in their recovery, have choices regarding treatment, and be full participants in the planning, delivery and evaluation of services and programmes.
4. The self is one's best resource. We believe in fostering one's belief in oneself and building on strengths and abilities.
5. Support and self-help groups are an integral part of recovery.
6. Resources allocated for eating disorders should be based on the needs of individuals affected by eating disorders. Services and programmes should be the least restrictive and delivered in the most normative environment.

