

## **Abstract**

As a topic of my bachelor thesis, I have chosen eating disorders, focusing on anorexia nervosa, and bulimia in school children.

The choice of this topic has been conditioned by my personal experience with peers suffering from this disease. The seriousness of this issue is often trivialised, and that is alarming.

That is the reason why I have focused on primary school children who attend upper primary schools. At this age, children are particularly sensitive to changes in their bodies, and it may cause eating disorders.

The bachelor thesis is divided into theoretical and practical parts. In the theoretical part, I will deal with the characteristics of eating disorders, their history, symptoms, risk factors, complications, treatment, prevention, and where to look for help. I will also discuss other types of eating disorders. The practical part aims to find out what awareness of upper primary pupils is, and how students perceive their bodies. I have obtained all data in the form of a paper questionnaire that teachers had distributed to pupils in the classroom.

**Keywords:** bulimia nervosa, anorexia nervosa, eating disorders, adolescence