

Dismantling Anti-Fat Bias and Supporting Fat Survivors



Why don't we hear fat survivor's #Metoo stories?

(Aubrey Gordon on the #Metoo movement)

Think to yourself, chat in, we will come back to this question



Facilitators

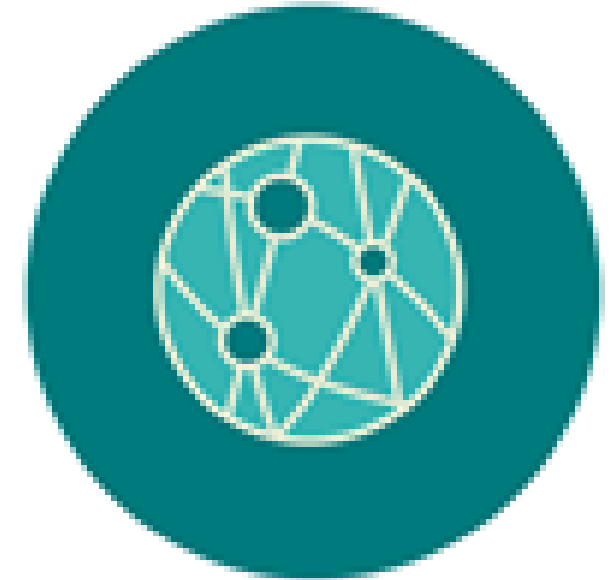


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Objectives

- Analyze the link between sexual violence and anti-fatness
- Identify how anti-fatness harms fat survivors
- Apply webinar content to dismantle anti-fatness at the personal, community, and public policy level



Grounding Activity

- *Tapping activity: "I'm strong; I'm here; I'm present; I'm safe"*



Use an open palm or loosely gathered fingers for this activity.

Language and Definitions

- “Fat” as a descriptor and a political term
- Anti-fatness
- Fat Oppression
- People with thin privilege; normatively sized bodies; straight-sized people
- “Overweight” / “Obese”
- Intersectionality



Agreements

- All people have bodies and those bodies should not be subjected to value judgements.
 - *Fat people are not failed thin people.*
- All bodies have different needs and all bodies can change.
 - *Cultural aversion to fatness exists and hurts all bodies, but particularly harms fat people.*
- People have complicated relationships with their bodies.
 - *Our goal is not to define those relationships.*



Agreements

- Many markers of health exist and fatness is not necessarily a marker of health
 - *Our goal today is not to talk about health.*
- We live in a culture that normalizes violence and non-consent.
 - *Fat people deserve privacy and agency over their bodies.*
- Fat people deserve justice – not simply tolerance and acceptance.
 - *Fat people are people.*



Body Neutrality Framework

Body neutrality is defined as "not supporting the hatred of our vessel or the love and adoration of our vessel."

--Anne Poirier

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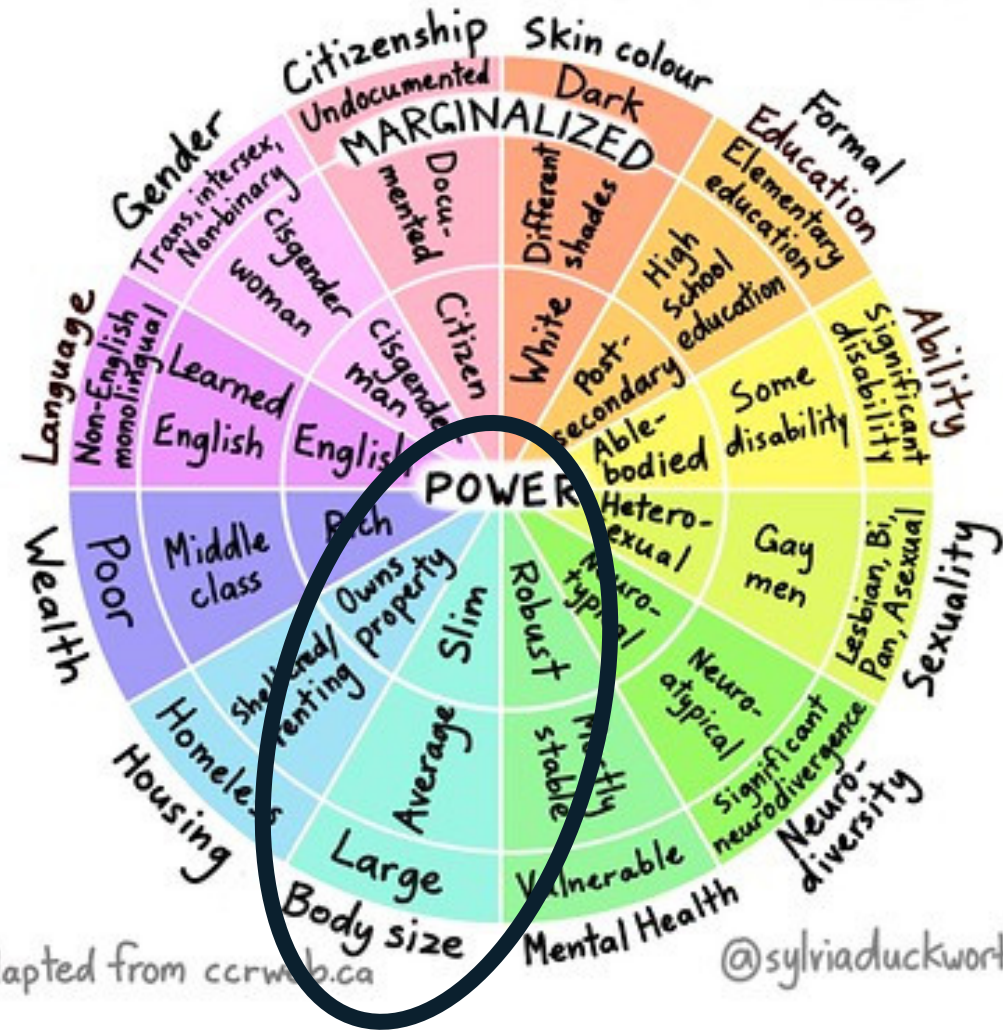
(Aubrey Gordon on the #Metoo movement)



Anti-Fatness and Oppression



WHEEL OF POWER/PRIVILEGE



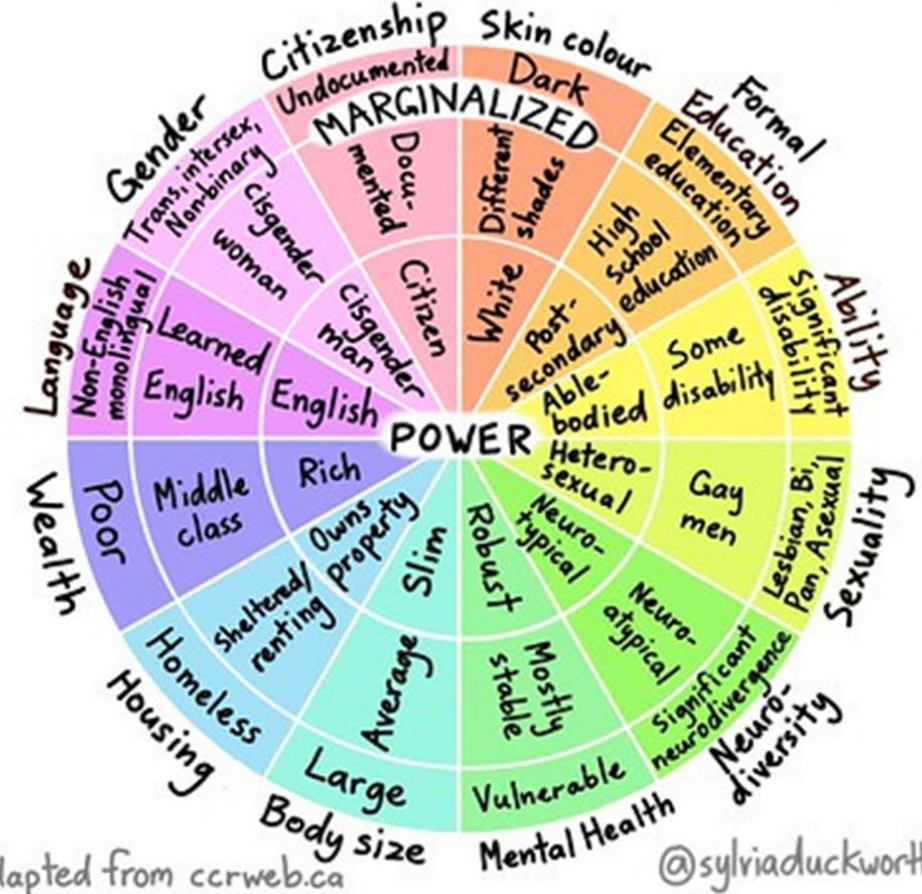
Adapted from ccrwb.ca

@sylviaduckworth

Intersectionality

- Women
- Black
- Hispanic/Latin@
- Low income
- Less education
- Disabled

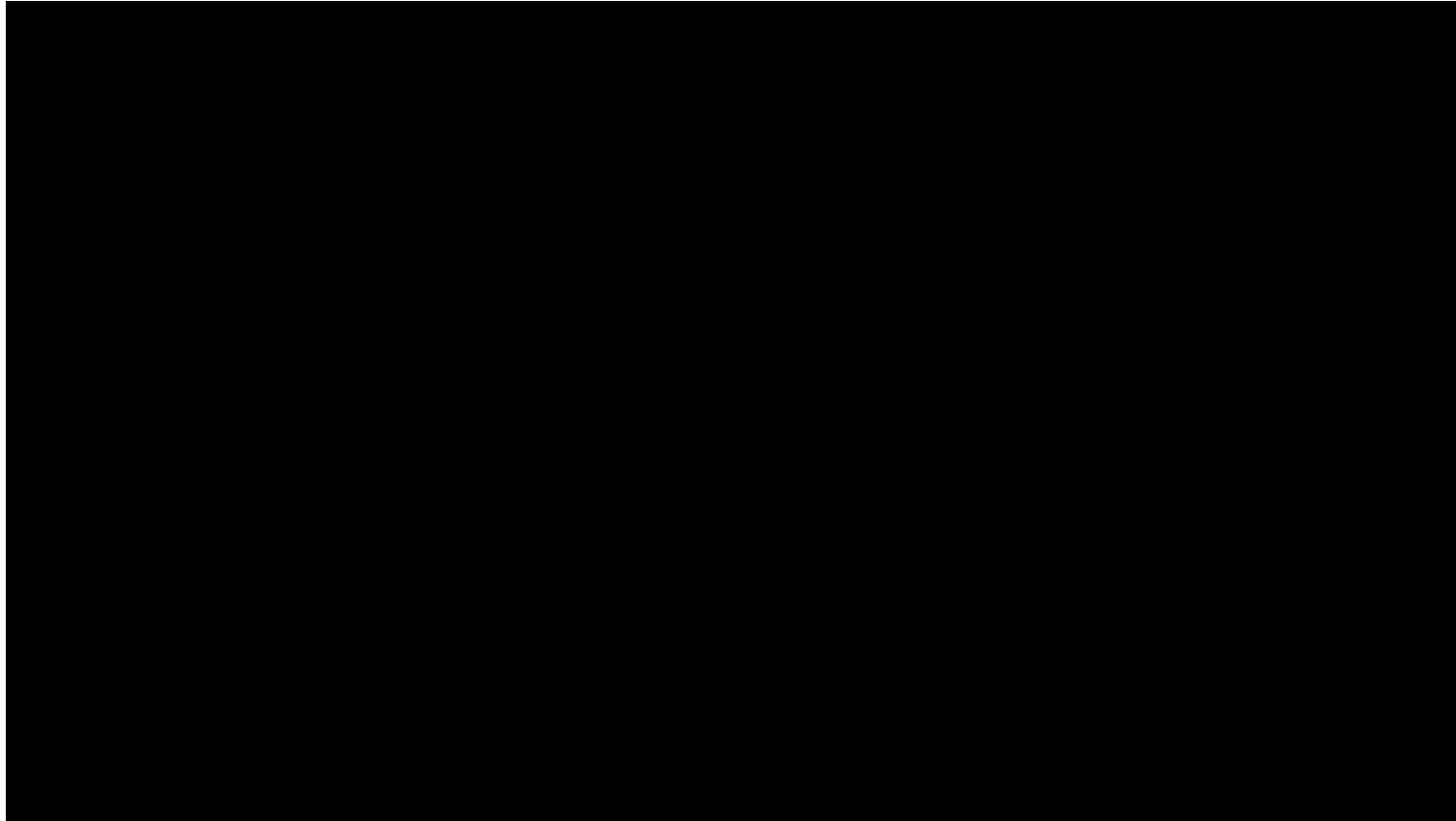
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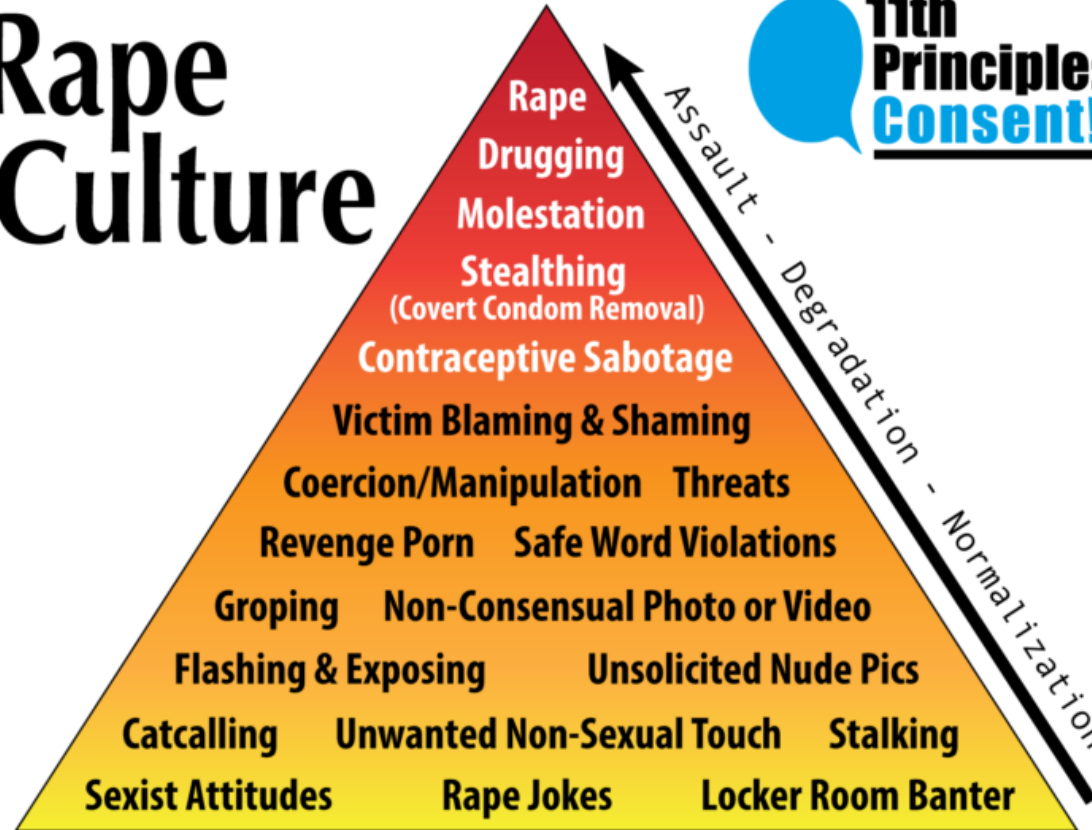
Racism and Anti-fatness



Anti-Fatness in our Culture



Rape Culture



Tolerance of the behaviors at the bottom supports or excuses those higher up. To change outcomes, we must change the culture.

If you see something, say something!
Start the conversation today.

www.11thPrincipleConsent.org



Anti-fatness in Media



Hollywood's First "Sex" Scandal



Diet and Wellness Culture

- Accessing basic healthcare is prohibited to many, while privileged spend money on fads
- White women have appropriated many pieces of wellness
- Some cultural healing practices are considered “unhealthy” under diet wellness culture

Sexual Violence and Anti-Fatness



Anti-Fatness Harms Survivors



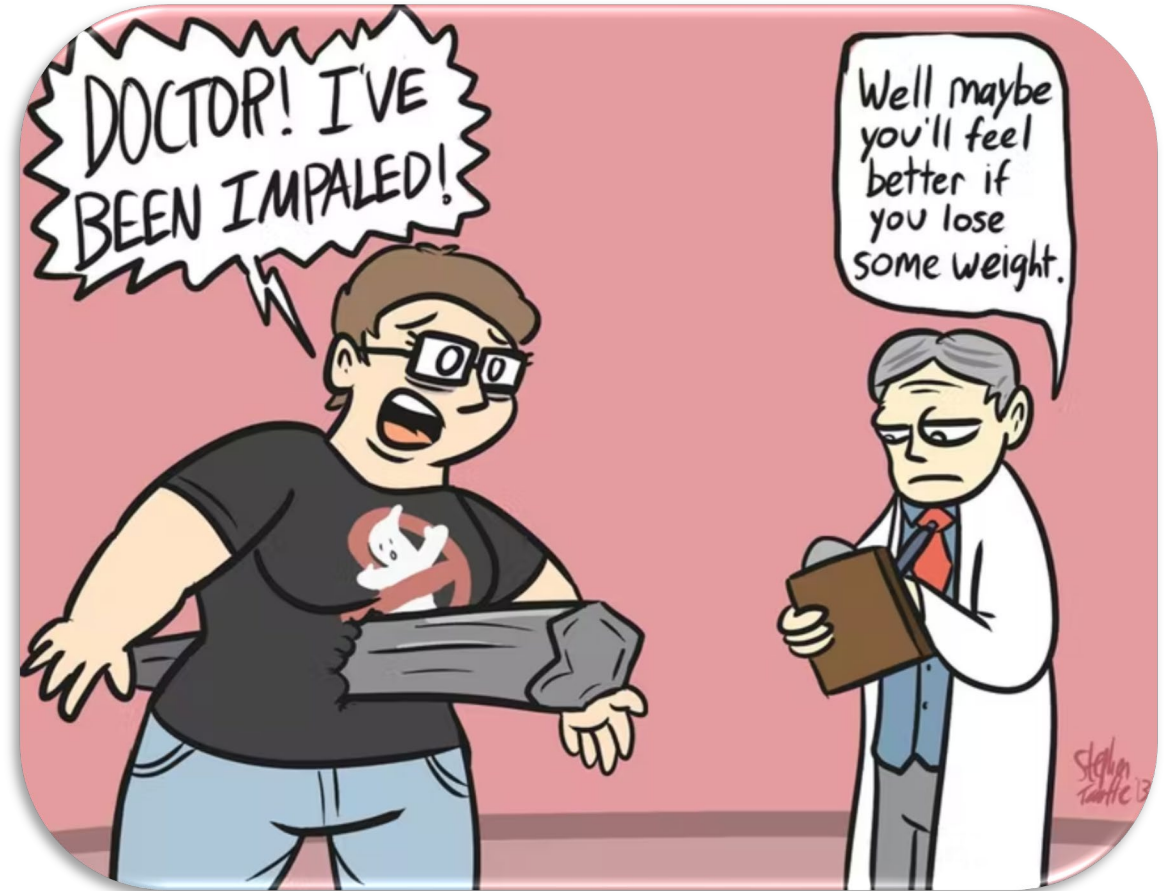
Anti-Fatness and Victim Blaming

- Fat survivors are less likely to be believed
- Fat survivors fear they won't be believed



Anti-Fatness in Medical Response

Fat survivors may fear receiving medical care



Disordered Eating and Anti-Fatness



Disordered eating is not taken as seriously—and even encouraged—in fat people

Anti-Fatness and Desirability Myth

Fat people are targeted
in particularly
demeaning ways



Advocacy with Fat Survivors



Working with Fat Survivors

- Advocate for physical accommodations
- Discuss holistic health promoting behaviors
- No judgements on diet, size, activity level
- Include affirming and empowering pictures of fat people in materials
- Provide resources



Community

- Stop using fat to describe something negatively
- Stop concern-trolling
- Stop body shaming
- Interrupt fat jokes



Community

- Refrain from commenting on people's bodies
- No intentional weight loss challenges, talk of intentional weight loss, food judgements



 jonahhill

I know you mean well but I kindly ask that you not comment on my body ❤️ good or bad I want to politely let you know it's not helpful and doesn't feel good. Much respect.



Policy Level

- Employment discrimination
- Healthcare discrimination
- Legal discrimination
- Travel accessibility



Personal Reflection

- Critique your fears of becoming fat
- Learn from fat people
- Expose yourself to positive images of fat people
- Understand your implicit bias (Harvard test) towards fat people



Review Objectives

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