

Tips for Reducing Weight Bias

- 🍎 **Educate students about the multiple causes of obesity**
Genetic, biological, environmental & behavioral factors all contribute to obesity.
- 🍎 **Emphasize positive associations with obese people**
Challenge negative stereotypes that place blame and stigma on obese individuals.
- 🍎 **Increase awareness of how the media perpetuates weight bias**
The media stereotypes overweight individuals and communicates unrealistic ideals of thinness.
- 🍎 **Use examples of weight bias to evoke empathy in your students**
Discuss examples of weight bias among youth, and encourage students to intervene and stand up for their peers.
- 🍎 **Be sensitive to potentially embarrassing situations**
Are the desks or chairs in your classroom large enough to accommodate your overweight students?
- 🍎 **Do not allow weight-based teasing in your classroom**
- 🍎 **Question your own assumptions and use of language about weight**
Be aware of disparaging comments about your own or other people's weight. Challenge your own assumptions about body weight.
- 🍎 **Intervene to reduce teasing of overweight students**
Be alert to both overt and subtle forms of peer harassment and intervene when you see weight-based teasing.
- 🍎 **Encourage overweight students to succeed in school activities**
Encourage students of all weights to participate in sports teams, student council, and extracurricular activities.
- 🍎 **Include examples of overweight role models in your teaching**
Help your students challenge weight-based stereotypes and learn that many overweight individuals are successful and accomplish important goals.
- 🍎 **Treat the importance of weight tolerance as you would racial or religious tolerance**
- 🍎 **Emphasize the importance of HEALTH, rather than being thin**
The goal for all children is improved health through physical activity and healthy eating, regardless of their weight

For more information on weight bias, please visit
www.YaleRuddCenter.org

