Size Discrimination and Body Positivity

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March 28th, 2018
Welcome & Logistics

• 1. Community Connections made front page news of the Citizen Tribune this week for their work with *THE HUNT* and *Food on Foot*.

• 2. April 20, 2018, is the deadline for Summer of Service Proposals. A day after that and you will have to wait until next summer. Failure to complete two summers of service will result in huge financial penalties in the program.

• 3. Sherlisa Announcement about Church Street Opportunity

• 4. Service Corp Time Sheets due on Tuesday at noon

• 5. One on Ones for service corps and common conn begins on Wednesday- See Deanna in order to sign up for a spot

• 6: Come meet Matt’s family, Ashley and Blesan, and eat some food (prepared by them) on Tuesday 4/3/18 at 12pm.
Welcome and Logistics

• 6. Intern Time from staff
  • Deanna
    • Community Development
  • Vincyl
    • Summer Intern (1 Spot left) Due tonight at midnight, cover letter and resume
    • 2018-2019 Interns due Sunday at midnight
    • All of this information can be emailed to Matt

• 7. First year trip for Bonners is May 6-12. Lock it in. It is required

• 8. All-Center Banquet RSVP is live. It closes on Friday at 5PM. If you do not RSVP you are not guaranteed food or a seat. Only Seniors and Administration get a plus one.

• 9. Do not forget to sign up for the second and third Bonner classes for the fall. PSY 212/PSY 312.

• 10. Matt needs help on April 18th for the Bonner Faculty Open House. It is from 11-1pm. It counts for hours. Just talking about Bonner and the work we do. You do not need to stay the whole time. 1 hr. blocks

• 11. Claps for BCLT. They have been on the ball for t-shirts, recruitment, and banquet prep.
Icebreaker: Kahoot!

• Students who were not present at the first Capstone training are to pair up with students who did attend

• Okay to be in groups

• Object of the game is to answer the fastest and with the correct answer

• Winners will get a prize

• https://create.kahoot.it/details/body-positive-training-review/37ad8e2d-2171-4b9e-9045-0b20652db92a
Sizeism: Size discrimination

- Sizeism: Prejudice, stereotypes or discrimination on the grounds of a person’s size.
- Deals not only with weight but also height (we will focus on weight discrimination)
- Everyone can experience size discrimination
- Different areas of one’s life where one can experience size discrimination
Different Areas Where Sizeism Is Present

- **Healthcare**
  - In one survey, 69% reported being stigmatized by doctors
  - “68% from a study of almost 500 fat women reported delay in seeking care because of their weight & 85% reported weight was a barrier to receiving appropriate health care” (naafa.org)
  - Likelihood of being misdiagnosed

- **Workplace**
  - Can be rejected from job position; can be fired due to size
  - Up to 6% salary decrease on average
  - 66% increase of size discrimination for women in past few decades

- **Legal Actions**
  - In a controlled experiment, jurors were more likely to convict overweight defendants
  - No laws protecting against discrimination
Different Areas Where Sizeism Is Present

• Media/Fashion Industry
  • Actors/actresses/models have been refused clothing by designers for being plus size
  • Media representation of different size bodies is low
  • Many clothing brands refuse to make clothing in plus sizes (Abercrombie & Fitch for example)

• School
  • 1 in 3 students experience weight discrimination from teachers
  • 2 in 3 students will experience weight discrimination from classmates
  • Plus size students are less likely to gain admittance into colleges or graduate schools

• Home
  • Results of one survey concluded that parents are less likely to financially support their overweight children
Effects of Sizeism

• Psychological
  • Depression
  • Body dissatisfaction
  • Eating disorders
  • Increased risk of suicide

• Physical
  • Unhealthy eating patterns (spurned by eating disorders)
  • Unhealthy workout patterns
  • Discrimination in different areas of life
Social Justice Issues and Body Positivity

• Feminism
• Racism
• Transphobia

• Food deserts
• Lack of healthcare
• Ableism
Implicit Bias Survey

• You will have time to take an Implicit Bias Survey that deals with size discrimination.
• You do NOT have to share your answers. These are for you to have.
• We may have biases we are unaware of. Take the survey to find out!
Activity: Represent the Real We

- I will count you off into groups. Your group is responsible for one of two things:
  - Groups 1, 3, 5, & 7 will all focus on four different magazine types and their view of what the “perfect” body looks like (with magazine clippings, glue, & scissors)
  - Groups 2, 4, 6, & 8 will construct a realistic image of what the person on front of these magazines (requires creativity, imagination, and a little bit of artistic skill)
Represent the Real We

• Each group focusing on “perfect” bodies will receive magazines, scissors, and glue. Every group should have markers and a poster.
  
• Group 1 & 2: fashion/beauty industry
• Group 3 & 4: women’s sports
• Group 5 & 6: men’s health
• Group 7 & 8: men’s “sports” (bodybuilding)
Represent the Real We

• Questions to answer on your magazine cover/when presenting your idea:
  • What is the perfect body?
  • What kinds of things might be done to this body to make it look “perfect”?
  • What names/putdowns given to bodies that don’t “measure up” to this standard?
  • How are people who don’t fit this standard prohibited from activities or services or visibility?
Where does body positivity fit in the discussion of size discrimination?

• Body positivity helps to combat size discrimination, as well as the multiple social justice issues that intersect.

• Body positivity is an avenue that people can use to be a better ally.
5 Tips to Being a Good Ally

- *Psychology Today* article entitled “5 Tips for Being a Good Ally”:
  1. Listen with an open mind.
  2. Believe their narrative.
  3. Use preferred pronouns/names/terms appropriately.
  4. Be an advocate.
  5. Connect them with resources.