Educate students about the multiple causes of high body weight

Genetic, biological, environmental & behavioral factors all contribute to body weight.

Emphasize positive associations with people with high body weight

Challenge negative stereotypes that place blame and stigma on individuals with high body weight.

Increase awareness of how the media perpetuates weight bias

The media stereotypes individuals with high body weight and communicates unrealistic ideals of thinness.

Intervene to reduce teasing of students with high body weight

Be alert to both overt and subtle forms of peer harassment and intervene when you see weight-based teasing.
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 students with high body weight?

Do not allow weight-based teasing in your classroom

Question your own assumptions and use of language about weight

Be aware of negative comments about your own or other people’s weight. Challenge your own assumptions about body weight.
Encourage students with high body weight to succeed in school activities

Encourage students of all weights to participate in sports teams, student council, and extracurricular activities.

Include examples of role models with high body weight in your teaching

The media stereotypes individuals with high body weight and communicates unrealistic ideals of thinness. Help your students challenge weight-based stereotypes and learn that many individuals with high body weight 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.