

Parent Fact & Action Sheet



There are many consequences that can have lasting effects on a child's physical and emotional well-being, such as:

- Depression, anxiety, low self-esteem
- Weight gain, avoiding physical activity
- Disordered eating behaviors such as binge eating or chronic dieting
- Low self-esteem
- Poor body image
- Reinforcing weight bias with other family members

Weight bias at home occurs when parents, siblings, and other family members hold negative stereotypes and attitudes about a child with overweight or obesity.

Bias at home can include:

- Hurtful comments about body weight
- Insensitive labels like "fat" or "chubby"
- Teasing or jokes about weight
- Judgmental remarks about others' body weight in front of children, like "she is too big to wear that"
- Negative comments about one's own weight in front of kids, like "this makes me look fat"

Remember that even subtle forms of weight bias that are not intended to be hurtful can be just as damaging.

In a recent study, 37% of youth with overweight reported being teased and bullied about weight by their parents.¹

Act! 3 things YOU can do RIGHT NOW as parent advocates.

Challenge your personal assumptions about body weight and obesity.

→ See [Assessing Personal Attitudes](#) handout

Identify if your child is being teased or victimized because of his or her weight.

→ See [Identifying Weight Bias](#) handout

Talk to your kids and other family members about weight bias and ways to prevent it.

→ See [Talking about Weight](#), [Talking about Weight Bias](#), [Healthy Body Image](#), [Weight Bias Myths & Facts](#), [For Kids & Teens](#), and [Web Resources for Youth](#) handouts

¹ Puhl, R. M., et al. (2013). "Weight-based victimization: Bullying experiences of weight-loss treatment-seeking youth." *Pediatrics* 131(1): e1-e9. doi: 10.1542/peds.2012-1106.

