

## Identifying Weight Bias

Weight bias can occur in multiple forms, such as physical or verbal teasing and bullying, and being excluded from activities. As a result, it can be difficult to determine if your child is being targeted for his or her weight by family members.

**Directions:** Think about your child’s recent experiences at home. Carefully read each of the statements below and check “yes” or “no” for each question.

	<b>Yes</b>	<b>No</b>
1. My child is teased about his or her weight by family members, such as siblings, parents, cousins, or grandparents.	<input type="checkbox"/>	<input type="checkbox"/>
2. My child is sensitive about his or her weight.	<input type="checkbox"/>	<input type="checkbox"/>
3. My child feels conscious about his/her weight at family events.	<input type="checkbox"/>	<input type="checkbox"/>
4. My child is embarrassed about his or her appearance.	<input type="checkbox"/>	<input type="checkbox"/>
5. My child is embarrassed about how his or her clothes fit.	<input type="checkbox"/>	<input type="checkbox"/>
6. My child is uncomfortable about participating in physical activities.	<input type="checkbox"/>	<input type="checkbox"/>
7. My child is often sad or depressed.	<input type="checkbox"/>	<input type="checkbox"/>
8. My child seems to have few friends.	<input type="checkbox"/>	<input type="checkbox"/>
9. My child is teasing or bullying other children.	<input type="checkbox"/>	<input type="checkbox"/>

**Total:**     \_\_\_\_\_     \_\_\_\_\_

### Next Steps...

*If you checked at least one “yes”, then your child could be experiencing weight bias.*

Although difficult, it is important for you to intervene and address this issue seriously and sensitively.

- Talk to your child about weight bias: Use the [Talking about Weight Bias](#) handout for talking points. Share the [For Kids & Teens](#) and [Web Resources for Youth](#) handouts with them.
- Emphasize health, not thinness: Use the [Talking about Weight](#) and [Healthy Body Image](#) handouts for talking points.

