

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 peers or educators at school.

Directions: Think about your child's recent or past experiences at home or in school. Carefully read each of the statements below and check "yes" or "no" for each question.

	Yes	No
1. My child is teased about his or her weight at school by any of the following: peers, teachers, school administrators, or gym class teachers and coaches.	<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 appears reluctant to talk when I ask about how school is.	<input type="checkbox"/>	<input type="checkbox"/>
4. My child doesn't like going to school or avoids school activities.	<input type="checkbox"/>	<input type="checkbox"/>
5. My child is embarrassed about his or her appearance and how 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 My child appears withdrawn or spends a lot of time alone.	<input type="checkbox"/>	<input type="checkbox"/>
8. My child is often sad or depressed.	<input type="checkbox"/>	<input type="checkbox"/>
9. My child seems to have few friends.	<input type="checkbox"/>	<input type="checkbox"/>
10. My child is teasing or bullying other children.	<input type="checkbox"/>	<input type="checkbox"/>

Next Steps...

Total: _____ _____

If you checked at least one "yes", then your child may be experiencing weight bias at school.

- Although difficult, it is important for you to intervene and address this issue seriously and sensitively.
- *Educate 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 ways to approach these topics.
- *Work with your school.* Educators can you monitor and address the situation. Share the [For Teachers](#) and [Web Resources for Educators](#) handouts.

