

Talking About Weight Bias

Having a plan for how you want to begin the conversation and what you want to talk about will be helpful for you have a more productive conversation and develop the best strategies for addressing the issue at school.

Directions: After reading through the following tips for preparing your discussion, write down some specific examples of what you can talk about and say during the conversation.

- 1 Stick to one subject. Weight *bias* and weight *loss* are two separate issues. See [Talking about Weight](#) handout for tips on discussing body weight.
- 2 Keep an open conversation. Your child may be reluctant to talk about their experiences. You might say something like, *"Sometimes people get teased because of what they look like, such as their body size. Has this ever happened to you or your friends?"*
- 3 Ask for your child's opinions. What does he or she think should be done to improve the situation and how much involvement should the parent have?
- 4 Emphasize that no one deserves to be teased. Regardless of whether it is because of weight, skin color, clothes, accent, etc., bullying and teasing is *never* acceptable.
- 5 Repair self-esteem. Teasing often involves negative stereotypes that can result in low self-esteem or a poor body image. Reinforce your child's strengths and make a list of all of your child's wonderful qualities and accomplishments that have nothing to do with his or her appearance.
- 6 Don't forget about the computers and phones. Weight bias occurring through e-mails, text messages, online posts, and photo/video sharing is just as hurtful.
- 7 Avoid becoming "overprotective." Instead of potentially isolating your child from his or her peers, encourage making new friends and trying new activities.



Questions to ask:

1. How is home when I'm not around?
2. How are you getting along with your brothers and sisters? Anything happened that you want to talk about?
3. How has the bus ride home been this week?
4. Who did you sit with at lunch today? How did that go? Who did you play with at recess?
- 5.

Self-Confidence Boost

My child's strength:

1. Responsible
- 2.
- 3.

I can say:

You're doing a great job walking the dog - that takes a lot of responsibility!

Role Model:

- 1.
- 2.
- 3.

Admirable Qualities:





<i>Interests or Hobbies:</i>	<i>New Activity to Try:</i>
1. 2. 3.	

Brainstorming to Make Improvements

<i>Old strategy:</i>	<i>Details (Did it work? When and how often was it tried?)</i>
1. 2. 3.	

<i>New strategy to try:</i>	<i>Details</i>
1. <i>Ignore and walk away</i> 2. 3.	<i>Bully may get bored with getting no response to his/her actions and eventually stop.</i>

