

## Obesity Organizations

### [The Obesity Society](#)

<http://www.obesity.org>

The Obesity Society is a scientific organization dedicated to the study of the causes and treatment of obesity. The Obesity Society's goal is to promote research, education and advocacy to better understand, prevent, and treat obesity and improve the lives of those affected.

### [Obesity Action Coalition](#)

<http://www.obesityaction.org>

The Obesity Action Coalition (OAC) is a non-profit, patient-based organization that offers educational resources, advocates for the safe and effective treatment of obesity, and provides patients with a variety of levels of support. The OAC mission includes efforts to reduce weight stigma, and provides information and educational resources for understanding weight bias, using appropriate, people-first language for obesity, and identifying examples of this problem in the media.

### [STOP Obesity Alliance](#)

<http://www.stopobesityalliance.org>

A main focus of the STOP (Strategies to Overcome and Prevent) Obesity Alliance is to conduct and assemble research that identifies cultural and systemic biases in combating obesity and its related health conditions. Read the [guide on talking to children about weight and health](#),

## Anti-Bullying Websites

### [Beat Bullying](#)

<http://www.beatbullying.org>

Beat Bullying, based in the U.K., aims to reduce the prevalence and impact of bullying by operating local anti-bullying campaigns and producing anti-bullying toolkits and publications. The site offers downloadable toolkits for several audiences.

### [Bully Boy](#)

<http://www.bullyboy.ca>

Bully Boy was created by two Canadian youths with a mission to stop bullying. They provide resources for use in schools, including the interactive comic book *The MISadventures of Bully-Boy and Gossip-Girl*. Their site features a kid's sections with an interactive game and a useful recommended reading list for adults.



## Web Resources for Parents



### **Bully Free World**

<http://specialneeds.thebullyproject.com>

Bully Free World offers straightforward information about bullying of children with special needs and what to do about it. The "Special Needs Toolkit" includes facts, the unique challenges, and actions to protect children with special needs, who are being bullied.

### **Bullying.org**

<http://www.bullying.org>

Bullying.org provides online support groups, education, and strategies to victims of bullying as well as information for parents and teachers. They also welcome submissions of stories, poetry, images, music, and videos, which they feature on the site. Their motto: "Where you are NOT alone. Everyone has the right to be respected and the responsibility to respect others."

### **Bully Police**

<http://www.bullypolice.org>

Bully Police is a watch-dog organization that reports on state anti-bullying laws and advocates for bullied children. The site posts the names of schools that fail to deal with bully problems and also contains useful resources and links for parents and teachers.

### **CyberALLY**

<http://www.adl.org/cyberbullying>

This website was created by the Anti-Defamation League (ADL). It offers several resources for youth, parents, educators, and advocates including potential consequences of cyberbullying, strategies to combat or respond to cyberbullying, training programs and classroom materials about cyberbullying. The goal of the ADL is to inform, raise awareness, and arm targets and advocates for action against cyberbullying.

### **Dove Self-Esteem Project: Teasing & Bullying**

[http://selfesteem.dove.us/Articles/Written/Teasing\\_and\\_bullying.aspx](http://selfesteem.dove.us/Articles/Written/Teasing_and_bullying.aspx)

Dove's Self-Esteem Project includes resources for parents to help girls understand teasing and bullying because of physical appearance. Resources are available for parents and for sharing with daughters and include topics such as cyberbullying, spotting the signs of bullying from friends and family, and helping daughters to deal with such incidents.

### **Education.com Bullying Special Edition**

<http://www.education.com/topic/school-bullying-teasing>

Education.com has launched a Special Edition on Bullying at School. The website includes the latest research on bullying, video clips, quizzes, online workshops, community forums and fact lists. Among other helpful information provided for parents and educators, the website lists 10 actions parents can take to help address bullying.



## Web Resources for Parents



### [Kids Against Bullying](#)

<http://www.pacerkidsagainstbullying.org>

PACER Center, located in Minneapolis, Minnesota is a parent center for families of children and young adults with all disabilities—physical, mental, learning, and emotional. The Kids Against Bullying website is targeted toward younger children (elementary school) and is a helpful resource and forum for anyone who is exposed to bullying – not only children with disabilities.

### [Stop Bullying](#)

<http://www.stopbullying.gov>

StopBullying.gov provides information from various government agencies on what bullying is, what cyberbullying is, who is at risk, and how you can prevent and respond to bullying.

### [Voice4Nations](#)

<http://qualityanswerservice.com/call-stop-bullying>

Voice4Nations is a non-profit organization that developed the *Anti-Bullying Project* that works to raise awareness and reduce the impact of bullying in schools and in communities. Resources such as fact sheets, how to spot a bully quiz, and strategies to address bullying incidents, are provided for kids, parents, and educators.

### [Wounded Child Project](#)

<http://www.thewoundedchild.org>

*The Wounded Child Project* is a storytelling website. Students, parents and survivors of bullying tell their stories so that others may learn of the emotional, psychological, mental and physical abuse they have suffered at the hands (and minds) of a bully.

## [Diversity & Anti-Bullying Curriculum](#)

### [National Association to Advance Fat Acceptance \(NAAFA\) Child Advocacy Toolkit](#)

[http://issuu.com/naafa/docs/naafa\\_childadvocacy2011combined\\_v04?viewMode=magazine&mode=embed](http://issuu.com/naafa/docs/naafa_childadvocacy2011combined_v04?viewMode=magazine&mode=embed)

NAAFA is a non-profit organization that works to eliminate discrimination based on body size through empowerment, public education, advocacy, and member support. They have created a toolkit to inform individuals about improving child health without doing harm, and how to design programs and approaches to improve the health of all youth without doing harm.

### [Operation Respect](#)

<http://www.operationrespect.org>

Operation Respect is a non-profit organization working to assure that youth experience a respectful, safe and compassionate climate of learning where their academic, social and emotional development can take place free of bullying, ridicule and violence.

Operation Respect's "Don't Laugh at Me" (DLAM) is a classroom-based program, with components for grades 2-5, another for grades 6-8 and a third for summer camps and after-school programs. All of the programs utilize inspiring music and video along with curriculum guides based on the well-tested, highly



## Web Resources for Parents



regarded conflict resolution curricula developed by the Resolving Conflict Creatively Program (RCCP) of Educators for Social Responsibility (ESR). Thanks to the generosity of The McGraw-Hill Companies, and other supporters, Operation Respect disseminates the DLAM programs free of charge. More than 145,000 copies of the curriculum have been distributed to educators since Operation Respect's inception. The website includes a variety of resources for educators, parents, and students, including a curriculum guide, evaluations, CD, and video.

### [Steps to Respect: A Bullying Prevention Program](http://www.cfchildren.org)

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Produced by the Committee for Children, this program engages the entire school and includes classroom lessons for students in the upper-elementary grades (3-5 or 4-6), workshops and training for all adults at the school, materials for parents, and step-by-step procedures to help school leaders put anti-bullying policies into action. The Steps to Respect kit includes everything schools need to implement the program, including step-by-step guidelines for program use, sample anti-bullying policies and procedures, research on bullying, and best practices for prevention. The Training Manual includes training outlines, presentation materials, staff training videos, and parent education materials. Approximately 3300 schools across the U.S. and Canada are currently using the Steps to Respect program. Educators working with younger students (K-3) can use an alternative program ("Second Step program" with the "Bullying Prevention Unit") for providing foundational social-emotional skills and skills for recognizing, reporting and refusing bullying.

### [Teaching Tolerance](http://www.tolerance.org)

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Teaching Tolerance (a project of the Southern Poverty Law Center) is highly respected within the education world and is an influential publication in the anti-bias education field. Teaching Tolerance offers online education and resources for parents, teachers, teens, and kids aimed at stopping hate and promoting diversity. Teaching Tolerance also provides free kits and handbooks to schools and ideas for classroom activities. There are 10 different kits on specific topics that range in target age from pre-K to 12th grade.

Recently, Teaching Tolerance posted a new resource to specifically address Weight Bias, called the "[ABC's of Size Bias](#)". This resource includes lesson plans, expert Q & A, and strategies for educators and parents to foster healthier attitudes about body size.

### [The Anti-Defamation League – A WORLD OF DIFFERENCE Institute](http://www.adl.org/education/edu_awod/default_awod.asp)

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The Anti-Defamation League's A WORLD OF DIFFERENCE® Institute is a leading provider of anti-bias education and diversity training programs and resources. The Institute seeks to help participants recognize bias and the harm it inflicts on individuals and society, explore the value of diversity, improve intergroup relations, and combat all forms of prejudice and bigotry. Program Components include: A Classroom of Difference, A Campus of Difference, A Community of Difference, and A Workplace of Difference.



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May 2014

## Web Resources for Parents



### [Understanding Prejudice](http://www.understandingprejudice.org)

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UnderstandingPrejudice.org is a website designed for students, teachers, and others that discusses the causes and consequences of prejudice. Their website provides more than 2,000 links to prejudice-related resources, as well as searchable databases with hundreds of prejudice researchers and social justice organizations. They also provide a variety of interactive exercises offering unique perspectives on prejudice, stereotyping, and discrimination.

### [Women's Educational Media – The Respect for All Project](http://www.groundspark.org/respect/index.html)

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The Respect for All Project (RFAP) seeks to create safe schools and communities by giving youth and the adults who guide their development the tools they need to talk openly about diversity in all its forms. The website offers a comprehensive set of resources for educators and youth-service providers, including award-winning documentary films, high-quality curriculum guides and comprehensive professional development workshops.

The *Let's Get Real* film and curriculum focuses on name-calling and bullying among middle school students. Workshops provide participants with effective tools to help youth explore the underlying issues that lead them to tease or harass one another, including stereotypes and prejudice. This film indirectly addresses weight-related bullying.

## Size Acceptance Organizations

### [Health at Every Size](http://www.healthateverysize.info)

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Health at Every Size is a source for weight-related news and resources. The site is also home to the Health at Every Size radio show with Dr. Peggy Elam.

### [International Size Acceptance Association \(ISAA\)](http://www.size-acceptance.org/)

<http://www.size-acceptance.org/>

ISAA is a non-profit civil rights organization dedicated to promoting size acceptance and helping to end size discrimination. ISAA engages in multiple activism activities including the *Respect Fitness Health Initiative*, which promotes the ideas that people must respect themselves in order to succeed, people of all sizes can become more fit, and everyone can benefit from healthier food choices.

### [NAAFA – The National Association to Advance Fat Acceptance](http://www.naafa.org)

<http://www.naafa.org>

NAAFA is a non-profit organization that works to eliminate discrimination based on body size through empowerment, public education, advocacy, and member support. NAAFA organizes letter-writing campaigns, sponsors events, and is involved in legislative issues.



## Web Resources for Parents



### [Pearlsong Press](http://www.pearlsong.com)

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Pearlsong Press offers books and resources to promote size acceptance. Their site also contains two useful handouts: [Questions and Answers on Size Diversity](#) by Miriam Berg and [Twelve Tips for Fighting Fat Stigma](#) by Pattie Thomas and Veronica Cook-Euell.

### [The Council on Size and Weight Discrimination](http://www.cswd.org)

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CSWD is a not-for-profit group which works to change people's attitudes about weight. They act as consumer advocates for larger people, especially in the areas of medical treatment, job discrimination, and media images.

## Body Image Resources

### [Dove Self-Esteem Project: Body Image](http://selfesteem.dove.us/Articles/Written/Growing_up_and_body_image.aspx)

[http://selfesteem.dove.us/Articles/Written/Growing\\_up\\_and\\_body\\_image.aspx](http://selfesteem.dove.us/Articles/Written/Growing_up_and_body_image.aspx)

The *Self-Esteem Project* campaign is part of Dove's social mission and aims at preparing mothers to have productive discussions about self-esteem with their daughters who are between 11 and 16 years old. The "Self-esteem discussion guide for mothers" includes several topics related to self-esteem such as pressures from friends, healthy eating, and celebrity culture, and provides talking strategies for moms to help their daughters adopt a healthy definition of beauty.

### [GirlsHealth.gov](http://www.girlshealth.gov)

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*GirlsHealth.gov* is developed for parents of girls who are between 10 and 16 years. This website provides tips and information for supporting girls become confident decision-makers in areas of their life related nutrition and fitness. There are also helpful educational and actionable resources available for supporting daughters who are either experiencing or perpetrating bullying.

### [Big Beautiful Wellness](http://bigbeautifulwellness.com/wordpress)

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Created by Liz McCallum, a motivational speaker and corporate trainer, this website offers resources and tips for those interested in wellness for all regardless of body size, encourages individuals to participate in all aspects of a "normal life", and brings attention to the skewed focus of society and the diet industry. Big Beautiful Wellness also provides a web-community as an outlet to tell your story, links to plus size fashion websites, and upcoming body wellness speaking engagements.

### [Body Positive Approach](http://www.bodypositive.com)

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This site is an educational resource for the Body Positive Approach, which is a set of ideas and tools aimed at improving body image by emphasizing quality of life over weight loss. Body Positive also addresses children and weight through information and activity worksheets and guidelines for assessing



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May 2014

## Web Resources for Parents



eating behaviors (e.g., understanding hunger cues, body intelligence, mindful meals). The site also contains a useful list of educational and advocacy resources.

### [Model for Healthy Body Image](http://www.bodyimagehealth.org)

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Model for Healthy Body Image is designed by Kathy Kater (author of *Real Kids Come in All Sizes*) to help children and adults to develop a positive body image by challenging cultural myths that promote unhealthy body images and eating. The curriculum, *Healthy Body Image: Teaching Kids to Eat and Love Their Bodies Too*, is available for purchase on the website in addition to free downloadable information and resources.

### [Radiance Magazine](http://www.radiancemagazine.com)

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Radiance: The Magazine for Large Women was created in 1984 and was published quarterly for 16 years. Its purpose was to support women "all sizes of large" in living proud, full, active lives, at whatever weight, with self-love and self-respect. The Magazine has also begun the "Radiance Kids Project," which provides space for kids, teens, and adults to share personal experiences and includes resources to support youth who are overweight or obese.

### [The Body Positive](http://www.thebodypositive.org)

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The Body Positive is an educational program designed to teach young people to adopt the Health at Every Size philosophy, allowing them to enjoy healthy eating and physical activity in their natural bodies. The program offers training, consultations, workshops, and speaker presentations. The Body Positive is different, although complementary to, the Body Positive Approach (see [above](#)).

### [Real Kids Come in All Sizes](#)

*Real Kids Come in All Sizes* offers parents ways to help their children and teenagers develop a healthy body image and healthy habits. This book addresses our culture's promotion of negative body image that contributes to the increasing visibility of obesity, eating disorders, and weight concerns among today's youth. Structured into ten lesson units, the author covers topics including healthy habits, acceptance of size diversity, value of health and well-being, developmental body changes, appearance-related cultural messages, and choosing positive role models.

### [Yahoo group email list for Parents of Fat Kids](http://www.groups.yahoo.com/group/FatThinAlliance)

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"Parents of Fat Kids" offers support for parents and their larger children and teens. This is a Health at Every Size (HAES), size acceptance-oriented group that does not discuss or endorse pursuing weight loss. Instead, they support parents in cherishing their children at any weight, living and communicating the message that all sizes of bodies are good and need good care, and in helping their children deal with weight-based stigma. Members also help each other deal with sources of weight-based stigma that affect their kids, including schools, healthcare, and legal discrimination.



## Web Resources for Parents



### Healthy Family Living Resources

#### BodyWorks

<http://www.womenshealth.gov/bodyworks>

*BodyWorks* is an evidence-based program developed by the Office on Women's Health to help parents of preteen and teen boys and girls improve family eating and activity habits. Parents are instrumental in this program as the role model for their youth's health behaviors. A toolkit (downloadable online and available in English and Spanish) includes helpful tools such as checklists, journals, and separate handouts for boys and girls. *BodyWorks* also supports broader advocacy efforts through opportunities such as becoming a program leader to implement the program on a larger scale in the community and train other community leaders.

#### HealthyChildren.org

[www.healthychildren.org](http://www.healthychildren.org)

An informative resource developed by the American Academy of Pediatrics that can answer parents' questions about specific health conditions as well as provide tips and tools for promoting healthy lifestyles and supporting children's weight loss efforts. Numerous physical activity and nutrition ideas are provided here, such as how to turn family time into active time, ways to encourage your child to become more active, and strategies for healthy family meals. In addition, there are evaluative tools available for topics such as assessing your home environment, and examining your child's diet and eating behavior.

#### Together Counts: "Energy Balance"

<http://www.togethercounts.com/at-home>

Together Counts is a nationwide program that encourages active and healthy lifestyles for communities and families. Its "Energy Balance" program provides brief handouts that include easy and quick tips for incorporating family fitness and family meals into busy family lives and other ways to support healthy living for the family such as making healthy snacks available and modeling health behaviors (available in both English and Spanish).

#### We Can! Parent Tips

<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/tools-resources/parent-tip-sheets.htm>

*We Can! Parent Tip Sheets* provide ideas for families to work together in developing healthy eating and exercising habits, and in finding ways to reduce screen time. *Parent Tip Sheets* include strategies, activity ideas, and worksheets that help families work together to manage weight, develop healthy eating and exercising habits, and reduce screen time.



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May 2014

## Web Resources for Parents



### Media Awareness Resources

#### [Girl Net](#)

<http://www.pbs.org/parents/raisinggirls/net>

*Girl Net* was developed by PBS Parents for parents interesting in the influence of media and technology on today's young girls. *Girl Net* addresses topics including clothes, television, movies, and magazines, music, and the internet. Information is provided for each topic, followed by strategies for monitoring, discussing, and teaching youth to become aware of media messages.

#### [Common Sense Media](#)

<http://www.commonsensemedia.org>

*Common Sense Media* is a not-for-profit organization that provides information and tools for families to be proactive and vocal about the media they consume. Different types of media exposure such as websites, movies, books, and music are reviewed based on age-appropriateness as well as usefulness as a learning tool. Additional resources include research reports about the content and influence of today's media, advice for families about the media and body image, and ways for parents to advocate at the policy-level for a safer media environment for youth.

#### [Dove Self-Esteem Project: Role of Media](#)

[http://selfesteem.dove.us/Articles/Written/Role\\_of\\_media.aspx](http://selfesteem.dove.us/Articles/Written/Role_of_media.aspx)

Dove's Self-Esteem Project provides parents with practical advice and activities to begin discussions with their daughters about celebrity culture and the media's distortion of beauty and physical appearance. Topics include information about "hyper-reality celebrity culture," checklist to address manipulated images, and learning to identify such digitally altered pictures.

