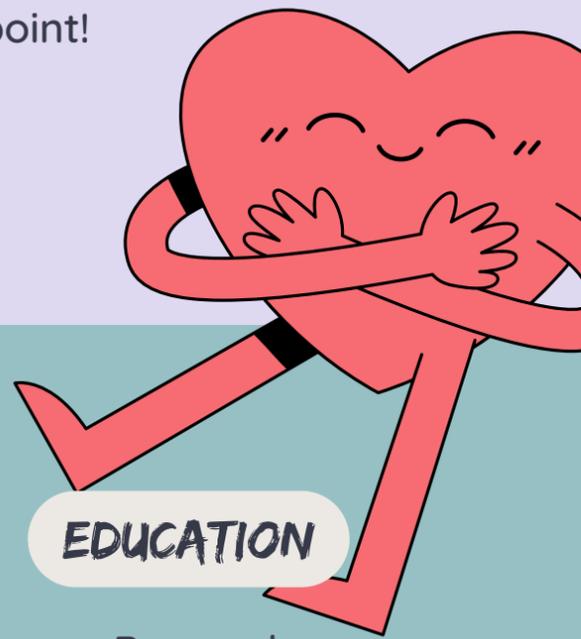


“ **WEIGHT STIGMA -
CHALLENGE YOUR OWN BIASES** ”



In a society where thinness and diet culture is promoted, it's difficult to not internalise biases against weight on a subconscious level. Weight stigma is everywhere from the media, to the information in health institutions, to the things we hear in school.

It's important to acknowledge our own internalised biases when it comes to weight and challenge our own beliefs. Want to know how? Read our steps below as a good starting point!



ACKNOWLEDGMENT

The first step to change is acknowledgement. Think about your own experiences and thoughts when it comes to weight and assess what kind of biases you hold. Having a conversation about this with someone close to you can help you uncover biases that commonly exist around weight.

Rather than feeling guilty during this stage, try to remember everyone has biases and your willingness to acknowledge it is a great first step!



CHALLENGE YOURSELF AND OTHERS

If you feel a critical thought coming up, challenge it. Use what you have learnt about weight bias internalisation and transform your thinking patterns to be more body neutral.

If you see someone else internalise weight bias or present weight stigma, challenge it.

EDUCATION

Read. Learn. Research.

Education is an important step in learning more about where weight bias comes from, how it presents itself and its consequences. There are many research articles on the topic if you search "weight bias"!



REFRAIN AND LEARN

Judgement can be an automatic thinking pattern. When we first meet someone, we may automatically create judgements about them, good or bad.

Try to become aware of the assumptions and judgements you make and refrain from believing them.

Through this process, you can learn to become more aware and build your ability to reflect. The journey is only upwards from here!