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# Breaking WEIGHT BIAS

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Promoting Health without  
harming through digital  
training tools

Project number:

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## 1. Weight Bias

### REFLECTION





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(100 words maximum)

This task is based on personal reflection. Write about how you have engaged with the course and how it has led to a change in your thinking about weight bias, stigma, common misconceptions about weight and impact of weight bias on patients' health.

Second, write about how you might translate your understanding in action with the patient.

Key-points that you could take into consideration during your reflection:

- You may use phrases like "I used to believe that ..., now I think that ...", "My view changed because..."
- How might you use what you have learned to respond to weight bias, weight stigma, and common misconceptions about weight? How could you share your understanding with others?