

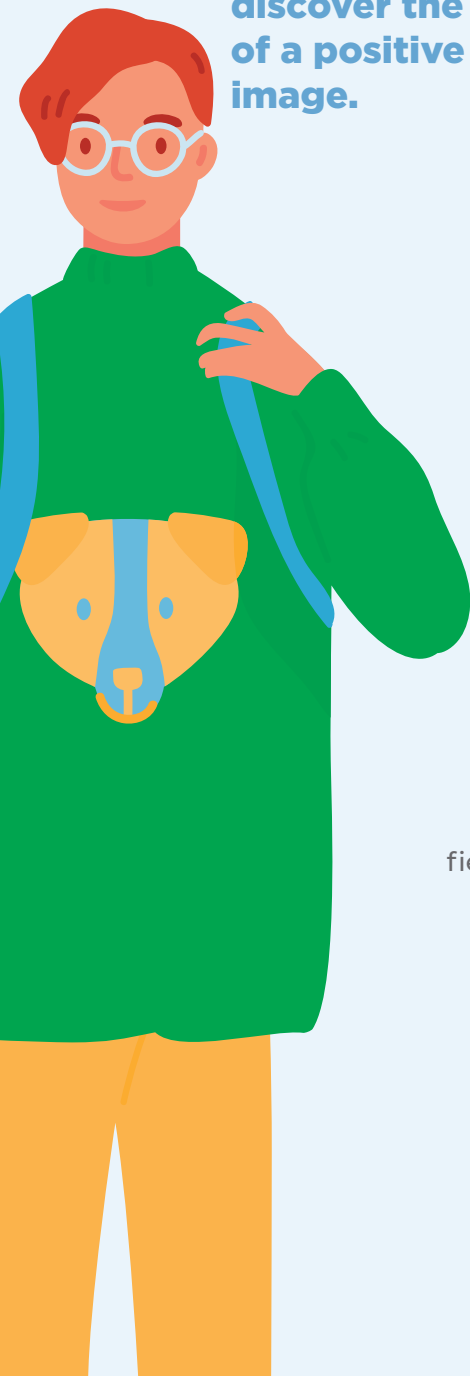
TOGETHER WE CAN PROMOTE A POSITIVE BODY IMAGE AND PREVENT FATPHOBIA

WHAT IS BODY IMAGE?

- A person's perception of their own body
- How they think others perceive them

WHAT ARE THE BENEFITS OF A POSITIVE BODY IMAGE?

Follow Alex to
discover the benefits
of a positive body
image.



3 years



Harmonious
RELATIONSHIPS
with others

Alex is comfortable expressing his needs and feelings to other children and educators.

Alex is looking forward to participating in his school's track and field activity because it's an opportunity to have fun and build confidence

A healthy
RELATIONSHIP
with physical activity

8 years





FATPHOBIA: AN OBSTACLE TO ALEX'S WELL-BEING

In society, all body shapes are not always accepted and there are many prejudices against weight.

14 years

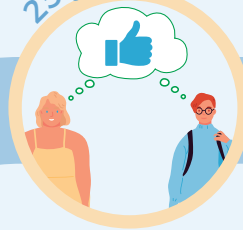


Alex listens to hunger signals telling him when he's hungry and when he's full, then eats according to his appetite and tastes, knowing that his needs and preferences may be different from those of his friends..

A healthy **RELATIONSHIP** with food



25 years



A **HEALTHY** self esteem

Alex does not compare his silhouette to that of his friends, knowing that each body is unique.

Alex embraces the changes in his body by acknowledging that they are normal and by accepting his abilities, strengths and limitations.

A positive **MENTAL HEALTH**

65 years



WHAT IS FATPHOBIA??

- A form of **stigma based on body size**
- Negative stereotypes and prejudices targeting fat people*

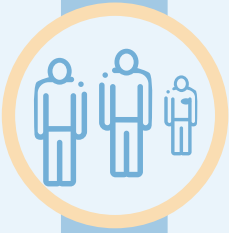
It is important to deconstruct prejudices and stereotypes regarding weight.

It is often **mistakenly** believed that if a person has a high weight, is because they lack willpower, they eat too much or badly, or they do not do enough physical activity. Yet, several factors outside of a person's control can influence weight.

FATPHOBIA can manifest itself :



At **SCHOOL**, where weight is one of the most common sources of bullying



At **WORK**, where a person's weight can be a discriminating factor



In **SOCIETY**, where social pressure associated with the cult of thinness creates concerns and stigmatization with regard to weight

THANKS TO INCLUSIVE, DIVERSIFIED AND RESPECTFUL LIVING ENVIRONMENTS, ALEX ACCEPTS AND VALUES HIMSELF REGARDLESS OF HIS WEIGHT.

* This term is used as a descriptive qualifier to designate size without pejorative connotation. We recognize, however, that some people may not be comfortable using it.



HOW CAN YOU ACT TO PROMOTE **POSITIVE BODY IMAGE** AND PREVENT **FATPHOBIA** AROUND YOU?

DISCOVER THE FREE TOOLKIT

Grossophobie et image corporelle : S'outiller pour mieux intervenir
made by the *Table québécoise sur la saine alimentation!*



It includes information sheets, comic strips, a video clip, social media resources, a model resolution and even training resources.

WE CAN **ALL** MAKE A DIFFERENCE!

In partnership with

