

Body Liberation and Fat Acceptance

KNOW YOUR BODYLIB VOCAB

Matching vocabulary cards

**Fat
acceptance**

Self-acceptance and the acceptance of others who are fat without any type of demonization of their body. A movement that centers fat people and strives to combat size discrimination with education.

**Body
neutrality**

Seeing your body as a vehicle that, when treated with care, can help you move about the world in a way that brings you joy. Rooted in acknowledging what your body does, not how it appears, recognizing its abilities and nonphysical characteristics over your appearance.

**Body
positivity**

All people deserve to have a positive body image, regardless of societal norms around shape, size, and appearance. As a movement, it often promotes ideas of “self-love,” but does not challenge systems like racism, classism, capitalism, etc.

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**Health at
every size**

Rejects the use of weight, body mass index or body size as measures of health and call for health policies and personal practices that support health and well-being without requiring a change in body size or shape.

**Body
image**

How you see yourself when you look in the mirror or when you picture yourself in your mind. Shaped by your own memories and experiences, as well as external biases, assumptions, and societal norms.

**Straight-
size**

A term used by fat activists that refers to clothing size options that are not plus size.

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**Body
liberation**

Freedom from social and political systems of oppression that designate certain bodies as more worthy, healthy, and desirable than others. Recognizing that all bodies are worthy and have the right to exist as they are.

**Body
sovereignty**

Each person has the right to full control of their body. Counteracts the culturally-promoted ideas that one's body is anyone else's business.

**Weight
stigma**

Refers to social stereotypes and misconceptions about obesity.

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Fat shaming

The action or practice of humiliating, criticizing, and harassing someone based on having a larger body. Rooted in fatphobia.

**Body
policing**

Practice of policing a person's physical appearance because it does not conform to social norms, or is not deemed appropriate for a particular setting. Disproportionately impacts people who are fat, racialized, trans, queer, gender non-conforming or disabled.

Healthism

Preoccupation with personal health as the primary focus for the definition and achievement of well-being, often associating "healthiness" with moral superiority. Frames health as an individual matter, not a systemic one (does not take into consideration systems like poverty, racism, misogyny, etc.).

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Sources:

- [The Fat Acceptance Movement: Answers to 5 Important Questions](#) (Talk Space)
- [Body Neutrality Is A Body Image Movement That Doesn't Focus On Your Appearance](#) (Huffington Post)
- [What Is Body Positivity?](#) (Very Well Mind)
- [Thinking about your weight? What you might be getting wrong about the Health at Every Size approach.](#) (Washington Post)
- [Body Image](#) (National Eating Disorders Association)
- [Fat activism and collective accountability: from virtual community to embodied coalition](#) (Kelsey Schultz)
- [Body Image and Body Liberation](#) (University of Vermont)
- [Body Sovereignty](#) (Simon Fraser Public Interest Research Group)
- [Weight Bias](#) (Obesity Canada)
- [Five Ways You're Fat Shaming Without Realising](#) (Independent)
- FoodShare's Body Liberation and Fat Acceptance Statement
- [We Have to Stop Thinking of Being 'Healthy' as Being Morally Better](#) (Self)