

## Changing the Cultural Fabric

### Taking a Fat Hating Thread and Weaving New Patterns

- I'm living by body respect now. I finally got that it's never ok to insult someone for the fact of their body.
- It's bigotry (shaming) that we need to change as a society, not bodies.
- Oh yeah, I've stopped hating on fat.
- I think we need some respect here. Body respect, yes?
- Even if we're ashamed of our own bodies it's not ok to hate on other people for their body.
- I think every body deserves respect. Can we stop acting as if being thin gives us an edge on humanness. I mean it clearly doesn't or we wouldn't be so mean-spirited.
- I know quite a bit about eating disorders. Comments on body weight can be really dangerous, can we help each other get out of the habit?
- Remember [name], body respect!
- I wonder if you attack fat people because you feel badly about yourself. I'm sorry if that's the case. We all need to feel worthy of love and respect. But attacking fat people isn't ok and won't help you find your own peace.
- I learnt the term body respect recently and it's really made me aware of body/fat shaming. I'm trying for a new normal ....[bit more]
- Hey, be cool! That's another human being we're talking about.
- I stopped using medical terms for bodies when I realised how wrong they were. It still feels a bit odd to talk about fat people because we're so used to fat being an insult. That's part of the problem, we need to get used to hearing fat people being spoken about like any other ordinary human being. It's similar to how the words queer and Quaker were reclaimed.

## General ways to interrupt harmful language ~

Oh, actually I think that's derogatory. Another way of saying it is ...

I recently realised that was wrong/sizist/insulting/racist/ableist/harmful etc.  
What I say instead is ...

I always used to say [crazy/nutter/nuts] like that, then someone explained how it adds to stigma around mental health problems so now I say things like ludicrous, ridiculous, unbelievable instead.

You know what, in fact that [term/belief] is sizist/racist/homophobic/harmful because ..... I thought you'd want to know. Another way to put it is ...