



We Come in All Sizes...



Fact Sheet on BULLYING

Stop the Bullying!



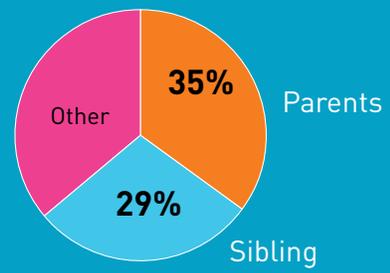
The stigmatization of fat children has increased by 40% over the last 30 years.¹ Fat children face bullying and teasing about their body size on a daily basis. They are bullied and/or teased by parents, siblings, friends, classmates, teachers, politicians and even by healthcare providers. Bullying and teasing result in horrifying emotional and physical damages including suicide. Bullying for any reason is wrong and should be stopped at all costs.

1. (Latner & Stunkard, 2003)

Every person in a child's life should recognize the importance of weight-based teasing for children. Policy, programs and education should focus on increasing awareness of what constitutes weight-based teasing, its potentially harmful effects on children's emotional well-being and reduction of this behavior.

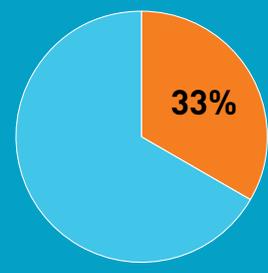
NAAFA urges that educational curricula, policy and legislation be leveraged for parents, teachers, healthcare workers and all caregivers to help children in dealing with bullying behaviors and stop the practice of bullying in school and in the home. Refer to NAAFA's free on-line **NAAFA Child Advocacy Toolkit** for information and additional resources. www.naafa.org

BULLYING AT HOME



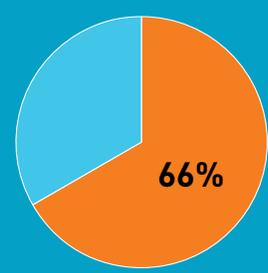
(Keery, et al, 2005)

BULLYING AT SCHOOL



1 of 3 children has experienced weight bias from a teacher.

(Rudd Report 2008)

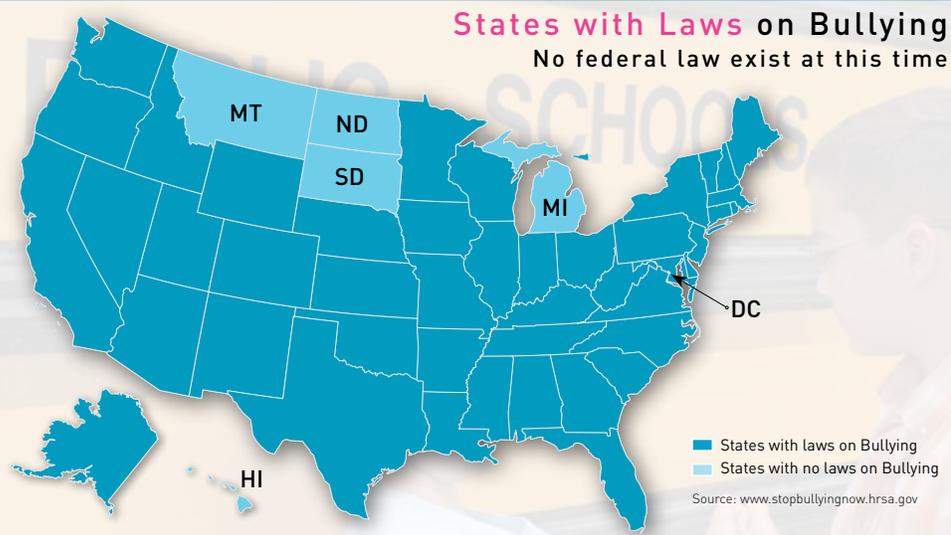


2 of every 3 children has experienced it from a classmate.

(Rudd Report 2008)

States with Laws on Bullying

No federal law exist at this time



Fat children have a higher risk of being bullied, regardless of race, socioeconomic status, social skills, academic achievement or gender.

(Lumeng, et al, 2010)

HOW A WEIGHT BASED APPROACH IS HARMFUL

- The Stigmatization and bullying of high weight children is significant and worsening.
- Weight is mostly genetically determined and distributed according to a symmetrical bell-shaped curve.
- The prevalence of high weight children has been exaggerated.
- Weight always needs to be looked at in the context of a child's weight history. Being at a higher weight than some can be normal and healthy.
- Health is primarily related to genetics and lifestyle, not weight.
- A weight focused approach leads to unhealthy behaviors – overeating, decreased physical activity.
- A weight focused approach increases stigmatization of higher weight children and is harmful to their physical, social and psychological well-being.

RESULTS OF BULLYING A CHILD

- Teasing about body weight is consistently associated with **high depressive symptoms, and thinking about and attempting suicide**. (Eisenberg, et al, 2003)
- Being teased about weight in **adolescence may increase risk for the later development of disordered eating behaviors** among both male and female adolescents. (Haines, et al, 2005)

REFERENCES

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