

# STOP WEIGHT BIAS

Be Part of the Solution

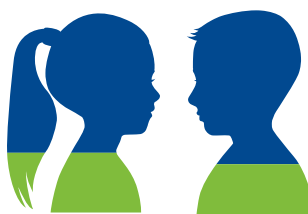
## Weight Bias and Bullying in Children

Weight bias begins in early stages of life and can continue all the way through adolescence. This can cause children to experience bullying and peer victimization, which can lead to poor mental and physical health.

Knowing the facts about weight bias and bullying in children could help permanently stop weight bias and could even save a life.



Students affected by obesity are viewed as self-indulgent, lazy and are excluded from social activities by their peers.<sup>1</sup>



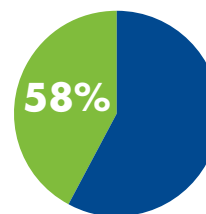
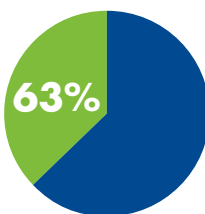
At least **30%** of girls with excess weight and **24%** of boys with excess weight report being teased by peers at school.<sup>1</sup>



Children affected by obesity are teased by kids and chosen less as playmates.<sup>1</sup>



Adolescents at the heaviest weight are most likely to be teased because of their weight.<sup>1</sup>



Overall, as many as **63%** of girls and **58%** of boys report peer victimization.<sup>1</sup>



Negative attitudes toward children with obesity begin as early as preschool.<sup>1</sup>

### What can I do to STOP weight bias?

1. Ask yourself if you hold negative opinions about people with excess weight. If so, remember obesity is a complex disease with multiple causes including genetic, biological, and other noncontrollable factors.
2. Challenge people who express negative opinions about people with excess weight.

**Be Part of the Solution - visit [StopWeightBias.com](http://StopWeightBias.com)**

#### Sources:

1. Brownell KD, Puhl RM, Schwartz MB, Rudd L. Weight bias: Nature, extent, and remedies. NY: Guilford Press, 2005.