

SERC TRAINING INSTITUTE

Body Neutrality

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Myth Busting

Our body weight is fully determined by genetics.

True Unsure False

BMI does not tell us if someone is healthy or unhealthy.

True Unsure False

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Myth Busting

Health is complex and includes more than just our bodies.

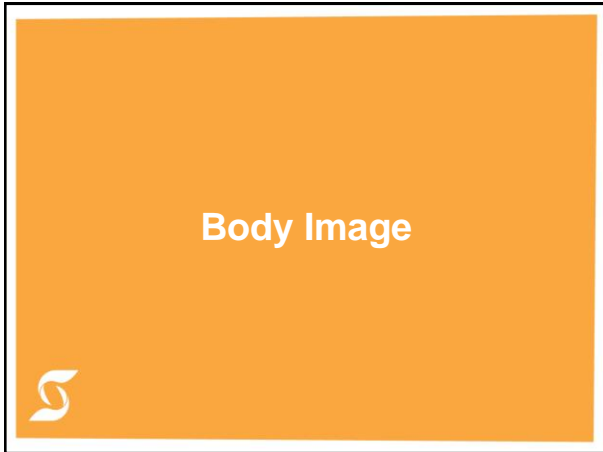
True Unsure False

Beauty standards change all the time.

True Unsure False

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What is Body Image?

- Body image is the thoughts and feelings you have about your body
- How we feel about our bodies can come from many different places
- Family, friends, school, work, media, society's standards
- We hear these messages throughout our entire lives
- Body positive vs. body negative

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Body Positivity

As Political Movement	As Body Philosophy
<ul style="list-style-type: none"> • Lobbying to reduce discrimination of fat people • Has intersectional lens centering black and brown bodies • Fighting fatphobia 	<ul style="list-style-type: none"> • Promoting positive thoughts on bodies and beauty • Centers beauty and diversifies its representation • Fighting body shaming

What Body Positivity Sounds Like

- All bodies are good bodies
- I am beautiful
- I love my body
- I am perfect as I am
- I like the person I see in the mirror

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Body Positivity Reflection

- How might a body positive person feel about their body?
- How might they feel about food?
- How might they feel about exercise?



Body Negativity Reflection

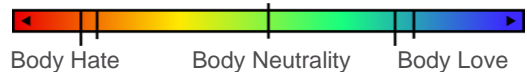
- How might a body negative person feel about their body?
- How might they feel about food?
- How might they feel about exercise?

What Body Negativity Sounds Like

- I hate my body
- I feel like a potato
- I should exercise more
- I ate bad foods
- No one will ever love my body



Body Image is a Spectrum



- Can move along the spectrum through life, day to day, even minute to minute – lots of things influencing how we feel.

Body Positivity Critiques

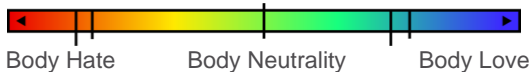
- Has lost intersectional lens to become “all bodies matter” type movement
- Continues to center beauty and bodies
- Doesn't allow for variation in feelings around bodies (all positivity all the time)
- Can turn into 'toxic' positivity
- Unobtainable goal for many



Body Neutrality



Body Neutrality



- Doesn't tie value to our bodies
- Understands "one size" never fits all
- Uses empathy to validate spectrum of feelings
- Acts as bridge from negativity to positivity
- Had the ability to include more people than positivity

What Body Neutrality Sounds Like

- There is no wrong way to have a body
- I accept my body as it is
- My body helps me in many ways
- My body works hard and deserves kindness
- All bodies are different and that is fine
- How can I honor my body today?

Body Neutrality Critiques

- Remains an individual approach that does nothing about systematic discrimination
- Lacks a political movement that body positivity once had
- The idea of 'neutrality' doesn't speak to a need for change

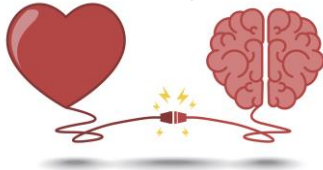


Educator Skill – Building Autonomy



Commonalities of Body Positivity / Body Neutrality

- Media analysis and careful consumption of media messages
- You don't have to be "perfect," no one is
- Train the internal monologue



Take a note from Queer & Disability Theories

- Decenter norms and expectations
- Be client focused/lead
- Identify the structures, not just the individuals
- Be trauma informed



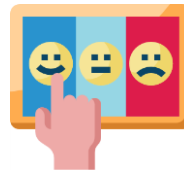
What Non-judgmental information / Body Literacy sounds like...



- Puberty
- Menstruation
- Pregnancy
- Body Movement
- Pleasure

Please fill out the evaluation:

Follow the link in the chat box! It takes less than 3 minutes to fill out.



Thanks