



GLOSSARY OF TERMS AND CONCEPTS USED IN FAT ACCEPTANCE MOVEMENT v.1

Body liberation - freedom from social and political systems of oppression that designate certain bodies as more worthy, healthy, and desirable than others. ([Read more](#))

Fat liberation - a movement that challenges fatphobia and promotes body autonomy for fat people. (Read more [here](#) and [here](#))

Fat activism (fat acceptance movement) - a social movement that seeks to challenge the stigma and discrimination against fat people. It promotes body acceptance, self-love, and the right to live a healthy and fulfilling life regardless of body size. Fat activists work to change social norms, challenge harmful beauty standards, and advocate for policies that protect the rights of fat people. ([Read more](#))

Body image - Body image is a complex concept that encompasses a person's thoughts, feelings, and perceptions about their own body. It is influenced by a variety of factors, including genetics, personal experiences, cultural norms, and media images.

Health at every size - an approach to health and wellness that focuses on overall well-being rather than weight loss. It emphasizes the importance of body acceptance, self-care, and healthy behaviors regardless of body size. ([Read more](#))

Size inclusivity - the practice of designing, producing, and promoting products, services, and representation that cater to a wide range of body sizes, recognizing that there is no one-size-fits-all approach. It challenges industry norms that often exclude people of larger sizes and promotes a more diverse and inclusive market. ([Read more](#))

Body inclusivity - the practice of embracing and celebrating the diversity of human bodies, recognizing that all bodies are worthy of respect, dignity, and representation. It challenges harmful beauty standards and promotes a culture of body acceptance and care.

Body positivity vs. neutrality - Body positivity aims to foster unconditional self-love and appreciation for all body types, while body neutrality promotes a state of non-judgmental acceptance, shifting focus from appearance to functionality and bodily capabilities. In the context of body liberation, body neutrality emerges as a more sustainable and accessible approach, as it acknowledges the complexities of body image and the challenges of constantly loving one's physical form. By removing the pressure to embrace or celebrate every aspect of our bodies, body neutrality allows for a more realistic and compassionate relationship with our physical selves. Additionally, within fat activism body positivity is criticized for its uncritical celebration of bodies, focus on appearance over health, and perceived exclusivity, and especially for unethical usage of this term by the companies. ([Read more](#))

Categories - it is a concept within the fat activism movement that recognizes the spectrum of fatness and its impact on experiences. People can identify as small fat, mid-fat, infinifat, and others. ([Read more](#))

Straight sized people - those who fall within the standard sizing range for clothing, typically sizes 0-14 for women and S-XXL for men. This terminology is often used in the fashion industry to distinguish between these sizes and those considered plus-size. ([Read more](#) [here](#) and [here](#))

Intersectionality - the context of body liberation and fat activism recognizes that fat oppression intersects with other forms of oppression, such as racism, sexism, and classism, leading to compounded experiences of discrimination and marginalization. Fat activists advocate for a holistic approach that addresses the unique challenges faced by diverse fat individuals across intersecting identities. ([Read more](#))

Intuitive eating - an evidence based approach to mindful eating that encourages you to listen to your body's natural cues of hunger and fullness, energy levels and other, rather than following rigid dietary rules. It promotes a positive relationship with food and a healthy body image, and is often used as a counter-approach to diet culture. ([Read more](#))

CHALLENGES BEING TACKLED

Body - based oppression - it encompasses the systematic marginalization and discrimination of individuals based on their physical characteristics, including body weight, height, skin color, physical disabilities, and other bodily variations. ([Read more](#))

Fat oppression (weight based oppression) - the systematic marginalization and discrimination of people based on their body weight. It manifests in various forms, including prejudice, stereotyping, and discrimination in employment, healthcare, and other areas of life. ([Read more](#))

Fatphobia (sometimes used as a synonym to **anti-fat, fatmisia, weight bias and weight stigma**) - the prejudice against, aversion to, or discrimination against people who are fat (or seem fat in the eyes of the viewer). It manifests in various ways, including negative stereotypes, unsolicited comments about weight, and lack of representation in media, etc. ([Read more](#) [here](#) and [here](#))

Internalized fat phobia - the act of absorbing and applying societal beliefs about weight and body size to oneself. It occurs when individuals internalize negative stereotypes and messages about fatness, leading to self-loathing, shame, and negative body image. ([Read more](#))

Weight bias - a prejudice or negative attitude towards people based on their weight. It is often based on the assumption that people who are overweight are lazy, unhealthy, or have poor self-control. Weight bias can have a significant impact on people's lives, leading to discrimination in employment, education, and healthcare. ([Read more](#))

Body shaming - the act of criticizing or making negative comments about someone's body, shape, or size. It can be done verbally, through body language, or in writing. Body shaming can have a significant impact on a person's self-esteem, mental health, and overall well-being. Body shaming is directly opposed to the principles of body liberation. ([Read more](#))

Fat shaming - the act of making negative or derogatory comments about someone's weight or body size. ([Read more](#))

Ableism - Ableism is a form of prejudice and discrimination against people with disabilities. It often manifests in assumptions and attitudes that people with disabilities are less capable, less valuable, or less deserving of respect than people without disabilities. In context of body liberation the discussion steers around stereotype that fat people are less able to do some things due to their bodily limitations, and therefore less worthy. ([Read more](#))

Healthism - a belief system that emphasizes the importance of personal responsibility for achieving and maintaining good health. It often promotes a narrow view of what constitutes healthy behavior, and it can lead to judgment and discrimination against people who do not conform to these standards. In the context of body liberation the discussion steers around presumption that fat people are unhealthy, and therefore are deemed less worthy. ([Read more](#))

Lookism - is a discriminatory treatment based on physical appearance and especially physical appearance is believed to fall short of societal notions of beauty and attractiveness. ([Read more](#))

Sizeism (body shape and size discrimination) - the prejudice or unfair treatment of someone based on their body shape or size. This can include making negative comments about someone's appearance, refusing to hire or promote someone based on their size, or denying someone access to certain services or spaces, as well as inaccessibility of particular public spaces for particular bodies. If directed towards fat people, it is called fat discrimination. ([Read more](#))

Aesthetic violence - a form of self-inflicted harm motivated by an obsession with achieving societal beauty standards. It often manifests in behaviors like extreme dieting, cosmetic surgery, and even self-mutilation.

Appearance-related violence - a form of bullying or harassment that targets a person's physical appearance. It can include making negative comments about someone's weight, height, skin color, or other physical features. Appearance-related violence can also include physical assault, such as spitting on someone or pulling their hair. ([Read more](#))

Body policing - the act of imposing or enforcing societal norms and expectations about how people should look and behave. It is often based on unrealistic and harmful stereotypes that can lead to negative body image, eating disorders, and other mental health issues. ([Read more](#))

Diet culture - a pervasive societal norm that equates thinness with health and desirability, stands as a significant obstacle to body liberation. It perpetuates the harmful belief that individuals' worth is determined by their body size, leading to self-criticism, eating disorders, and an unhealthy relationship with food and exercise. Body liberation, on the other hand, challenges these limiting ideals and promotes body acceptance, self-compassion, and the right to exist in all shapes and sizes. ([Read more](#))

Thin privilege - an unearned advantage that people who are thin or have a smaller body type experience in society due to the pervasive societal norm that equates thinness with beauty and health. It encompasses the benefits that people in smaller bodies have – socially, economically, and structurally – which protects them from judgment, shame, or prejudices regarding health, well-being, and self-worth. ([Read more](#))