



Things Your Chapter Can Do to Promote Positive Body Image

ON CAMPUS

- **Banner Signing**

Event: Display a banner that says “Friends Don’t Let Friends Fat Talk” in the Student Union/Lunch Area. Students sign the banner to agree not to ‘fat talk’ and in support of Fat Talk Free Week.

Members needed: 5 members to staff the banner during the day

Materials to Purchase: Markers, banner

- **Trashing Negative Body Thoughts**

Event: Display a banner that says “Friends Don’t Let Friends Fat Talk” in the Student Union/Lunch Area along with large, clear trash cans and provides index cards on which students can write down their negative body image thoughts (‘I’m so fat’ or ‘I hate my thighs’). Ask students to ball up and throw these thoughts into the trash cans.

Members needed: 5 members to staff the trash cans during the day

Materials to Purchase: Banner, Clear Containers, Markers, Index Cards

- **Positive Body Image Banner**

Event: Prior to Fat Talk Free Week, members visit other chapters to encourage them to anonymously submit index cards with positive body image statements (‘I love my legs’ or ‘I love my curves’). Display butcher paper that says “Friends Don’t Let Friends Fat Talk” covered with all the index cards in the Student Union/Lunch Area, encourage other students to tape up their own positive statements.

Members Needed: A few members to visit meetings and collect and sort through cards

Materials to Purchase: butcher paper, index cards

IN YOUR CHAPTER MEETING

- **Chapter Brainstorm – Penny for Your Thoughts**

Brainstorm as a chapter everything that can be considered Fat Talk – does a statement have to be negative to be considered Fat Talk? Discuss as a chapter ways you can stop Fat Talk. Encourage all members to sign the pledge together and decide as a chapter to end Fat Talk. If a member is caught using Fat Talk this week, they must put a penny for each instance in a large jar at the chapter house. At the end of the week, all the pennies will be donated to an eating disorder research program in their community.

- **Gain Inspiration From Your Sisters**

One way to reject “Fat Talk” is to recognize that we all have more to offer the world than our appearance. Ask chapter members to think of three fellow sisters that inspire them, and to write down their thoughts. There are no limits on what they can find inspiring, with one exception: do not focus on the appearance of your sisters. Some ideas include: talents, loyalty, kindness, enthusiasm, or even



the degree to which they are comfortable with their bodies. If members are comfortable sharing their thoughts, ask a few volunteers to read them aloud. Your chapter may choose to ask other members to share their thoughts privately with the women who inspired them; or to have women give their notes to each other on post-its during the meeting.

- **Body Activism on Campus**

A sorority represents a group of women empowered to work together for positive change – together your chapter can take a leadership role on campus on this issue. In a chapter meeting, work together to create a list of on-campus traditions or events that promote body image stereotypes. For example, are there mixers where students are encouraged to wear clothing that promotes this stereotype or would make women struggling with body image concerns feel uncomfortable? Are there t-shirts worn by groups that endorse the thin-ideal? Identify at least one area where your chapter can work together to create change.

- **Invite a Body Image Speaker to your meeting**

Invite a speaker from the campus Women's Center, Student Health or another Body Image speaker to speak at a chapter meeting. Invite other chapters to attend or to co-sponsor the event with your chapter.

ON YOUR OWN

1. Choose one friend or family member and discuss one thing you like about yourselves.
2. Keep a journal of all the good things your body allows you to do (e.g., sleep well and wake up rested, play tennis, etc.).
3. Pick one friend to make a pact with to avoid negative body talk. When you catch your friend talking negatively about their body, remind them of the pact.
4. Make a pledge to end complaints about your body, such as "I'm so flat-chested" or "I hate my legs." When you catch yourself doing this, make a correction by saying something positive about that body part, such as, "I'm so glad my legs got me through soccer practice today".
5. The next time someone gives you a compliment, rather than objecting ("No, I'm so fat"), practice taking a deep breath and saying "thank you".

MORE INFORMATION?

Need more information on *Reflections* and "Fat Talk Free Week"? Contact the Tri Delta and The Center for Living, Learning & Leading at (817) 633-8001.