

Body Positivity

**Movement History, Misconceptions,
and more**


Movement History

Preface: The use of “fat” throughout this presentation depicts societal norms of physical appearances as mentioned in the research and sources used. It is not a scientific determination of the person’s true health.

- Primary message is to love the skin you’re in
- Began with the “Fat Rights Movement”
- California feminists - began similar movements

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NEW YORK TIMES INTERVIEW: Bill and Joyce Fabrey (right) talking about NAAFA at interview luncheon given by the Times. With them are Marvin Grosswirth, NAAFA's Public Relations Consultant, and actress Shirley Stoler, an Honorary Life Member. Other NAAFA members at this meeting were Carole S. Lubin, April Vandetta, and John G. Trapani, Esq. Photo courtesy the New York Times.

FOR WOMEN ONLY
Joyce Fabrey will be on a full week of the TV show "For Women Only" with a panel of doctors who specialize in overweight. She will be representing NAAFA's point of view. In New York, the show will be aired the week of Nov. 16. Your local schedule may be different; the show will be listed in TV GUIDE magazine. If you can only watch one of the five days, see either Thursday's or Friday's show.

TO TELL THE TRUTH
Attention TV viewers: Joyce & Bill Fabrey are appearing on the show "To Tell the Truth" soon. The show will be on the Monday of the week listed: Nov.2: Wash, DC, and St. Louis; Nov.9: Phila, and Kansas City; Nov.16: Boston, San Diego, and Portland; Nov.23: Buffalo; Nov. 30: New York and Minneapolis; Dec.7: Pittsburgh; Dec.14: Los Angeles and Flint, Mich. Dec.21: South Bend, Ind. To find out when the show is to be carried in other cities, call the station manager and ask when show No. 0511 will be run.

PUBLICITY PROVES PROFITABLE
By Marvin Grosswirth, Public Relations Consult. The drizzle began when local newspaper columnists picked up on NAAFA. Robert J. Markle wrote about NAAFA in two local New York and Connecticut papers; Art Myers did the same in a New Jersey paper. Somehow, John Gambling (who conducts a morning wake-up show on Mutual Radio in New York) got wind of things and interviewed Bill Fabrey by telephone on the air. Norton Mockridge, a nationally syndicated columnist, also ran a feature story which was, I believe, our first single national exposure (well over 50 newspapers). On August 18, the dam broke. On one half of the women's page of the New York Times, Judy Klemesrod, one of the country's best newspaper feature writers, ran her story, com-

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Misconceptions



- Promotion of unhealthy habits
- Influencers' ideas of body positivity

Trigger Warning: The next slides will be speaking on ED, body dysmorphia, and body neutrality.

Body Neutrality and Impact on Mental Health

- Recent movement inspired from Body Positivity
- Encourages others to accept their body image in a neutral way
- Focuses on the body image for more than its beauty and appearance

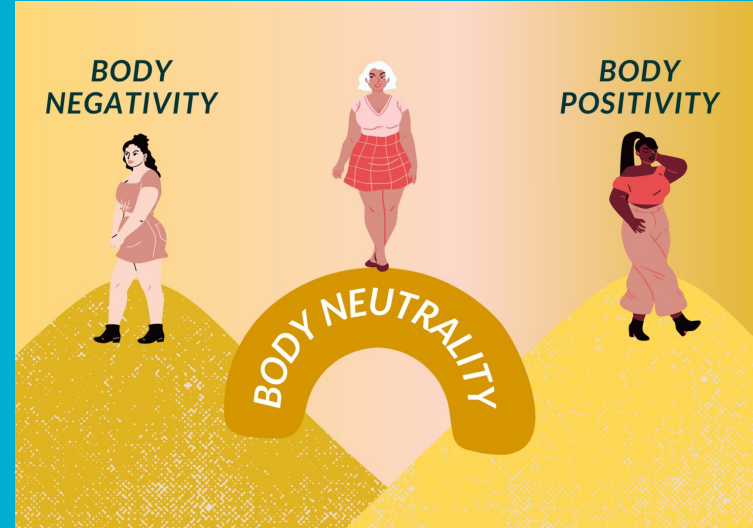


Image from Living Better Lives Counseling

Body Dysmorphia

What is it?

A mental health disorder involving obsessive focus on a perceived flaw in appearance

- Minor/imagined flaws
- Can cause someone to feel embarrassed, ashamed and anxious
- Many misconceptions
- Can lead to many other health disorders



Eating Disorders and Body Dysmorphia

What are eating disorders? A range of psychological conditions that cause unhealthy eating habits to develop.

- A strong similarity between the symptoms
- Overlapping biological/psychological explanations
 - Serotonin
 - Low self esteem/false beliefs
 - “If I am unattractive my life is not worth living”
- Examples of eating disorders that tie into body dysmorphia: anorexia, bulimia, or binge eating disorder



Discussion

1. What are your thoughts on the misconception that body positivity promotes unhealthy habits? How would you suggest working towards reducing this misconception?
2. Should individuals practice body neutrality? Why or why not?
3. Do you think it's possible to fight challenges like body dysmorphia and ED? What are some possible steps, either internally or externally, that an individual battling with this can take, especially with the popularity of the Internet?

Sources

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<https://www.insider.com/what-is-body-neutrality-explainer-2020-8>