

FATTENING HIGHER ED: AN INTRODUCTION TO



FAT ACTIVISM

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* Objective

- Develop learning opportunities for the campus community focused on interrogating anti-fatness and diet culture, centering fat liberation, and equipping participants with tangible interventions to end fat oppression in higher education.

* Results

- *Fattening Higher Education: An Introduction to Fat Activism* is an introductory workshop that seeks to better equip higher education professionals with the tools to identify and address anti-fatness and practice fat activism in their departments, professional relationships, and educational spaces.

* Key components

- Roots of anti-fatness: racism, sexism, & colonialism
- What is fat activism?
- "Small Fat" to "Infinifat" - Defining fatness
- Intersections of fat experiences
- Centering fat joy
- Practicing fat activism

