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*