

CREATING SPACE

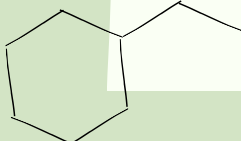
A GUIDE FOR PRIVILEGED PEOPLE ON REFOCUSING BODY POSITIVITY



WHAT IS PRIVILEGE?

Within the body positivity movement, privileged social locations could include being white, thin, able-bodied, or cis-gender. That does not mean that you may not experience shame because of your body, it just means that you do not face systemic oppression or discrimination due to your social location. Therefore, you must work to understand your privilege and create space for oppressed individuals.

DE-CENTERING



De-center yourself by choosing a word other than body positivity to express love or neutrality for your body such as body confidence, body acceptance, positive body image, or body neutrality. Ask questions before capitalizing on the body positivity movement. Use your online, professional, or personal platform to share and center the voices of people who are most excluded from the conversation.

REFOCUSING

Refocus the conversation back to the history of body positivity and the original message. It started in response to discrimination against fat bodies. Start focusing the attention on how to include marginalized people in the body positive conversation including people that are plus size, people of colour, gender diverse people, and people with disabilities. Listen and read about how they most want to be supported.



"BODY POSITIVITY MUST BE VISUALLY REPRESENTED BY MARGINALIZED BODIES ALONE. THEY MUST BE THE FACES OF THE MOVEMENT AND THEIR EXPERIENCES MUST DEFINE THE PURPOSE AND GOALS FOR THE MOVEMENT." (GIBSON, 2017)

Information Sources:

Dalessandro, A. (2016, August 15). *7 ways the body positive community can do better*. The Body Is Not An Apology. <https://thebodyisnotanapology.com/magazine/7-ways-the-body-positive-community-can-do-better/>.

Gibson, M. (2017, July 6). *Body positivity: creating a space for the representation of marginalized bodies*. YoursTruelyMelly. <https://yourstruelymelly.wixsite.com/website/single-post/2017/07/06/body-positivity-creating-a-space-for-the-representation-of-marginalized-bodies>.

Luo, A. (2020, September 15). *Raffela Mancuso on the body revolution & passing the mic*. The Whorticulturalist. <https://www.thehorticulturalist.com/read/raffela-mancuso-on-the-body-revolution-amp-passing-the-mic-an-interview-by-anna-luo>.