

Definitions

These definitions have been adapted with permission from BloomFit Body Positive Fitness Training, and are meant to serve as another tool for growth and understanding as you do this work

Abelism Discrimination or prejudice against disabled people.

Ageism Discrimination against people on the basis of age.

Appearance Ideal The body type and characteristics that are defined as most acceptable or desirable by a society or group. This "ideal" has changed many times throughout history and across cultures.

Body Acceptance The belief that all people are valuable and worthy of respect, regardless of their appearance or ability. The practice of accepting one's body unconditionally.

Body Autonomy The right to self-governance over one's own body without external influence or coercion.

Body Positivity A social and political movement born from the fat acceptance movement to end discrimination against people based on body size, appearance, and ability. The body-positive movement often intersects with other social justice movements such as anti-racism, disability justice, and LGBTQ+ rights.

Body Image The perception that a person has of their physical self and the thoughts and feelings that result from that perception.

Body Neutrality The belief that bodies and body parts are inherently neutral (not good or bad) and have no bearing over a person's worth or character.

Body shaming Mocking or criticizing a person based on their body size or shape.

Body Terrorism (A term coined by Sonya Renee Taylor) Terror is defined as intense, sharp, overmastering fear. Body Terrorism is the inflicting of such fear, on both an individual and systemic level, propagated by the systems of oppression that influence body shame and hatred.

Cisgender A term for people whose gender identity matches the sex/gender that they were assigned at birth. For example, someone who identifies as a woman and was assigned female at birth is a cisgender woman.

Diet Culture	A system of beliefs that worships thinness and equates it to health, happiness, and moral virtue. Diet Culture values thin bodies over larger bodies, labels some food as "bad" and others as "good", concludes that losing weight and body shaping is a matter of sheer effort and willpower, and promotes an obsessive and dysfunctional relationship with food. (1)
Discrimination	The unfair or prejudicial treatment of people and groups based on characteristics such as race, gender, age or sexual orientation.
Diversity	A range of differences. Diversity encompasses all the characteristics that make one individual or group different from another, including, but not limited to, age, ethnicity, class, gender, physical abilities/qualities, race, sexual orientation, religious status, gender expression, educational background, geographical location, income, marital status, parental status, and work experiences. It also involves different ideas, perspectives, and values. Valuing diversity means recognizing differences between people, acknowledging that these differences are a valued asset, and striving for diverse representation as a critical step towards equity. (2)
Equity	Fairness and justice. The focus on outcomes that are most appropriate for a given group, recognizing different challenges, needs, and histories. It is distinct from diversity, which can simply mean variety (the presence of individuals with various identities). It is also not equality, or "same treatment," which doesn't take differing needs or disparate outcomes into account. (3)
Fat Acceptance	(also known as fat pride, fat empowerment, and fat activism) a social movement seeking to change anti-fat bias in social attitudes by raising awareness among the general public about the obstacles faced by fat people
Fatphobia	The fear and/or hatred of fat, fatness, and fat people.
Fat-Shaming	Mocking or criticizing a fat person based on their body size or shape.
Homophobia	Hate or prejudice against queer or LGBTQIA+ people.
Inclusion	Actively including, respecting, appreciating, and supporting a person or a group of people while recognizing the historical, cultural, societal, and physical factors that contribute or have contributed to their exclusion. (4)
Liberation	The act of becoming free; in the context of our work, we this means dismantling and disengaging from the systems of oppression that perpetuate and reinforce body shame, hatred, and oppression.
Marginalization	The act of relegating or confining a group of people to a lower social standing or outer limit or edge of society, based on their identity. Overall, it is a process of exclusion. Most commonly people are marginalized based on race. Marginalized groups generally have a harder time gaining access to things like education, safety, wealth, health care, dignity and more.

Minority Stress	Chronically high levels of stress faced by members of stigmatized minority groups.
Non-binary	A spectrum of gender identities that are not exclusively masculine or exclusively feminine identities that are outside the gender binary. (5)
Oppression	A combination of prejudice and institutional power that creates a system that regularly and severely discriminates against some groups and benefits other groups. Oppression happens at individual, interpersonal, institutional and systemic levels. Systems of oppression are interconnected; i.e. social categorizations such as race, class, size, gender, etc. are overlapping and interdependent systems of discrimination or disadvantage.
Privilege	Power and advantages systemically afforded to members of a dominant group. People can be disadvantaged by one identity and privileged by another. (6)
Race	While often assumed to be a biological classification, based on physical and genetic variation, racial categories do not have a scientific basis. Race is a social construct based on the color of one's skin, meant to create a hierarchy of bodies, affording more power and privilege to those that identify or "present" as white. The consequences of racial categorization are real, as the ideology of race has become embedded in our identities, institutions, and culture, and is used as a basis for oppression, violence, and discrimination against Black people and people of color. (7)
Racism	While commonly defined as prejudice, discrimination, or antagonism directed against an individual or group of a particular race based on the belief that another race is superior - racism is not limited to individual acts of prejudice. Rather, the most damaging racism is built into systems and institutions that shape our lives. "Prejudice + power = racism." (8)
Thin-presenting	(Also known as straight-sized) A person who lives in a body that the culture deems is an "acceptable" level of fat; even if the individual doesn't feel or identify as "thin."
Transgender	(trans) Identifying as a gender other than that which was assigned at birth. For example, someone who identifies as a man and was assigned female at birth is a transgender man. (9)
Transformative Justice	(TJ) A political framework and approach for responding to violence, harm and abuse. At its most basic, it seeks to respond to violence without creating more violence and/or engaging in harm reduction to lessen the violence. TJ can be thought of as a way of "making things right," getting in "right relation," or creating justice together. TJ responses and interventions 1) do not rely on the state (e.g. police, prisons, the criminal legal system, I.C.E., foster care system (though some TJ responses do rely on or incorporate social services like counseling); 2) do not reinforce or perpetuate violence such as oppressive norms or vigilantism; and most importantly, 3) cultivate the things we know prevent violence such as healing, accountability, resilience, and safety for all involved. (10)

Transphobia Hate or prejudice against transgender and gender-nonconforming people.

Weight Stigma (Also known as weight bias, weight-based discrimination, fat stigma, or fatphobia) At its most basic level, it's consistent, systemic oppression against larger-bodied people, which makes it difficult or impossible to find clothes and spaces that fit, healthcare that's effective and non-discriminatory, equal access to employment, and other basic human rights that we all deserve.

Definitions Sources

1. See "Diet Culture": Definition adapted from Christy Harrison's article, "What is Diet Culture?" <https://christyharrison.com/blog/what-is-diet-culture>
2. See "Diversity": Definition adapted from Indigo Cultural Center's Key Terms and Concepts page and UC Berkley's resource What Are Diversity, Equal Employment Opportunity, and Affirmative Action? <https://hr.berkeley.edu/policies/affirmative-action-eeo/about>
3. See "Equity": Definition adapted from Indigo Cultural Center's Key Terms and Concepts page
4. See "Inclusion": Definition adapted from Crossroads Charlotte Individual Initiative Scorecard for Organizations Scorecard Overview via the Racial Equity Institute Resource Guide <http://www.racialequityresourceguide.org/about/glossary>
5. See "Non-binary": Definition adapted from Decolonizing Fitness LGBTQIA Affirming Spaces Guide <https://decolonizingfitness.com/collections/affirming-spaces-training-programs/affirming-spaces>
6. See "Privilege": Definition adapted from Indigo Cultural Center's Key Terms and Concepts page
7. See "Race": Definition adapted from Indigo Cultural Center's Key Terms and Concepts page
8. See "Racism": Definition adapted from Indigo Cultural Center's Key Terms and Concepts page and The People's Institute for Survival "Undoing Racism" Workshop
9. See "Trans (Transgender)": Definition adapted from Decolonizing Fitness LGBTQIA Affirming Spaces Guide <https://decolonizingfitness.com/collections/affirming-spaces-training-programs/affirming-spaces>
10. See Transformative Justice: Definition from Mia Mingus <https://transformharm.org/transformative-justice-a-brief-description/>