

Family Communication



Last Week of September

Weight Stigma Awareness Week

Dear Eagle (Insert School Good morning Eagles (insert school name or mascot here)! This week is Weight Stigma Awareness Week. When it comes to eating disorders—we, as a community, need to understand how weight stigma and weight discrimination affect people of all sizes. Weight stigma contributes to and exacerbates eating disorders in people of all sizes.

We, at _____ (insert name of school here) believe we can work together, with a unified voice, to eliminate stigma and discrimination based on body size. You and your children will have the opportunity to learn more _____ (insert text from checked boxes below).

- From our counselor, teacher, or nurse
- During a homeroom or advisory class activity
- At the information table in the library, lunchroom, or (other public area)
- In this week's health classes
- In the KnowYourNeuro.org website
- Other _____

Weight Stigma Awareness Week is a good opportunity to teach children what weight stigma means and its relationship to eating disorders. Use the resources and scripts in www.KnowYourNeuro.org to learn more about risky behavior and the brain.

For questions or more information, please contact me.

School Official's Signature and Contact Information'