

WEIGHT-BASED BULLYING IN SCHOOLS



**CALL TO ACTION:
ASK YOUR
SCHOOL OR
DISTRICT TO NAME
WEIGHT AS A
PROTECTED
CATEGORY FROM
BULLYING**

THE PROBLEM

- Weight is one of the most common reasons for teasing and bullying in schools
- Children at a higher weight status face more discrimination than peers
- Weight-based bullying negatively impacts mental health (including depression, anxiety, disordered eating), as well as physical health

SOLUTION

- Include weight status with other protected categories in anti-bullying campaigns and discussions
- Develop and enforce policies that explicitly protect students from weight-based bullying

BENEFITS

- Reduction in bullying incidences
- Improved mental health
- More inclusive school environment



Health Optimization in Pediatric Education

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