Fat Talk Free is the Way to Be

What is “Fat Talk”?

“Fat Talk” refers to the statements we make in everyday conversation that reinforce one ideal standard for physical appearance and contribute to students’ dissatisfaction with their bodies.

What does it sound like?

I’m so fat. Do I look fat in this?

You think you’re fat? Look at me.

You look great! Have you lost weight?

I wish I had the body to wear that.

Why is it a problem?

Fat talk perpetuates a standard for personal appearance that is often unattainable and may lead to body image issues and eating disorders.

College students dealing with a negative body image or eating disorder may also struggle with academics, healthy relationships, depression, and alcohol or drug abuse.

What can I do?

Don’t fat talk about yourself or others. Why not keep the conversation positive?

Challenge your friends when they are engaging in fat talk. Try saying something like “Please don’t talk about my friend that way.”

Instead of focusing on things that you don’t like about your body, you can choose to focus on the things that your body does for you. Tell yourself, “I love that my strong legs allow me to explore the city.”

If you or your friends have set fitness goals, you can focus on the dedication and perseverance that it takes to make healthy lifestyle choices, instead of the weight loss.

Consider making non-appearance related compliments, like “You have a great sense of style,” or “I admire your passion for your work.”

For more information visit endfattalk.org or contact Martha Burla at mburla@uchicago.edu.