



# FOUNDATIONAL TRAINING

Anti-weight stigma training for Professionals and Adult Influencers

All adults, including parents/carers, teachers, coaches, and service providers influence the weight and shape attitudes of youth.

Children and youth who are exposed to negative attitudes apply that same critical mindset to themselves.

Foundational Training (FT) is a workshop that will help Adult Influencers

- Reflect on personal attitudes about food, weight and shape,
- Learn how to recognize weight bias
- Understand the many factors that contribute to weight and health
- Challenge common misconceptions about the relationship between weight and health

End Goal:

Become weight bias activists who can promote the well-being and positive body image of children and youth.

## Foundational Training Can Help Adults:

### BE AWARE:

About their own personal food, weight, and shape attitudes.

### BE INFORMED:

About weight science, and the common misconceptions about weight that affect well-being.

**CHANGE THE CONVERSATION  
& TAKE A STANCE:**  
Against weight bias.

