School Wellness Pledge

Educator

I pledge that...

- I will serve as a **safe person** to talk to if my students have experienced or witnessed weight bias.

- When students trust me enough to talk to me, I will **maintain their confidentiality** and take appropriate action.

- I will be an **ally** for students who are targeted with unfair remarks related to weight bias.

- I understand that biased remarks about weight have harmful consequences for all involved. I will **not remain silent** when I hear hurtful weight-based comments.

- Slurs and jokes related to weight are not welcome in my classroom/school. I will **respectfully challenge** biased statements when I hear them.

- In my classroom/school, inappropriate or biased student-to-student comments are **always addressed**.

- I will **model the use of appropriate terminology** related to weight and health and will empower my students with the language they need to sensitively discuss weight and health topics.

- I will **fight the urge to overreact** with a put-down of the offender and will instead question the offender with kindness and sincerity while supporting the target.

- I will create an **inclusive environment** in which everyone feels safe, supported, included and encouraged to be themselves.

- I will take these concepts back to share with other adults at my school/district and will **keep the conversation going**.

Signed,

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Sources: glsen.org, ruddrootsparents.org

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