

Exercise on Thin Privilege
Give yourself 1 point for each “Yes”

1. Have you had to buy two seats on an airplane?
2. Have you been told by a healthcare provider that your symptoms or illness would go away if you lost weight?
3. Have you not fit at a desk in school?
4. Have you had to scope out seating in a room to make sure there was a seat without arms?
5. Have you had family, friends, or a partner feel embarrassed to be seen with you in public?
6. Have you been referred to as a “fetish” to explain why someone would find you attractive?
7. Have you been given unsolicited “health advice”?
8. Have you had your relationship status questioned because of your size?
9. Have you ever avoided the doctor because you feared they would weigh you and/or criticize your body weight?
10. Is your body size one that is often specified as not desirable on dating sites?
11. Is there an entire industry built around making your body size disappear?
12. Is your body described as part of an “epidemic.”
13. Have you not had the ability to buy clothes in person due to stores not carrying your size?
14. Have you had to pay more for your clothes because of their size?
15. Have you had an eating disorder but not been able to seek help because healthcare practitioners would assume you cannot have disordered eating due to your size?
16. Have you had people encourage you to starve yourself and/or over-exercise?
17. Have you been bullied for your body size?
18. Have you had people look in your cart while grocery shopping or see what you’re eating at a restaurant and offer unsolicited advice?
19. Have you been verbally or physically harassed/assaulted when eating in public?
20. Have you had people yell things at you when exercising?
21. Has your body size led to you being blamed for an illness or health issue?
22. Have you had a medical provider significantly misdiagnose you or dismiss your concerns because of your size?

23. Have you felt like you couldn't do something because your body wasn't "right"?
24. Have you rarely seen someone who shares your body size represented positively in films or television shows?
25. Have you had others assume you are lazy due to your body size?

Give yourself 1 point for each question you answered YES to. Then, calculate your score:

- ★ Score of 14-25: You are marginalized due to living in a fatphobic diet culture and have likely experienced much personal and structural oppression
- ★ Score of 7-13: You have experienced some marginalization due to living in a fatphobic diet culture
- ★ Score of 0-6: You likely have thin privilege

The higher your score, the more marginalized you are in regard to body size and the more fatphobia you experience.

The lower your score, the less marginalized you are in regard to body size and the more thin privilege you have.

This list was created with the help of the following:

Tia Pinkson-Burke, MSS, LSW, Presentation at Bryn Mawr College entitled "Fat? So!"

Arizona State University's "Thin Privilege Checklist"
<https://projecthumanities.asu.edu/content/thin-privilege-checklist>

