



## What and *why* is body respect?

Body Respect Week is **November 7-11** and will bring queer-inclusive, holistic, body-positive health events to the Tulane community!

The messages we receive about our bodies and health can be confusing and oftentimes misleading. We are often told to love our bodies or to embrace body positivity, but Body Respect Week asks us to shift our thinking. Instead—whether we feel completely comfortable with our bodies or not—what if we *respected* our bodies just as they are and for all that they do for us. It invites us to embrace our neutral states, without fear, shame, or pressure. This takes an unlearning of what society has told us matters about our bodies and a relearning of who we truly are.

Body Respect Week is for all bodies. It is an invitation to be a part of conversations about bodies, one that nourishes and celebrates who we are and who we can become, including every way we show up in the world. We hope that Body Respect Week events help you to think about:

**How has your body—just as it is—helped you survive in this world?**

**What are some ways your body shows up just for you?**

**What can you do to take better care of your body?**

**What would be possible if you decided your body wasn't a problem?**

Body Respect Week is an invitation to reclaim the body respect that is your birthright.

### LEARN MORE

For more information on **Body Respect Week** and informational literature and resources on any and all movements related to body respect, scan the QR code or visit [campushealth.tulane.edu/body-respect-week](http://campushealth.tulane.edu/body-respect-week).



### Body Respect Week daily themes:

- November 7, 2022: Gentle nutrition**  
Learn how to make peace with food and honor your internal cue for hunger. Attend our Body Respect Week kickoff event. There will be food!
- November 8, 2022: All bodies are good bodies**  
Celebrate your body in its entirety with us.
- November 9, 2022: Dress for the body you have right now**  
Learn to be content with wearing what's best for your body.
- November 10, 2022: Sexual pleasure and liberation**  
Spend time healing and experiencing embodied pleasure.
- November 11, 2022: Joyful movement**  
Join us in moving our bodies in a way that feels good and joyful.

### TUPHE FEATURE

## How to Nurture Your Body Respect



Ultimately you can be in charge of how you feel, talk about and define your body. Unfortunately, we live in a society that constantly sends the message—especially to women, people of color, people living with disabilities, and members of the LGBTQIA+ community—that we lack control over our own bodies.

We receive a continuous influx of unrealistic ideals and misinformation. There are so many widely accepted, but harmful notions—such as BMI as an indicator of health, the requirement to be thin to be socially accepted, and being told to pursue an ideal body type through diets, exercise programs, and surgeries. All of this can easily make us lose sight of the true goal of improving our health and wellbeing and can cause us to internalize damaging ideals of what a body should look like.

Your body is not wrong or bad. There are oppressive systems that are trying to convince you that it is. Systems of oppression—such as racism, sexism, and homophobia—are set up to disconnect all of us from our body, as these systems uphold harmful ideas about how bodies should look and act.

This month we invite you to take part in conversations about bodies and all the good they do for us and reclaim the respect your body deserves while unlearning what society has told us matters. Every body is different, influenced by genetic and cultural traits. Contrary to the prevailing narrative, our body weight can be healthy across a wide range of weights. Because each body is different, there is something that makes every one of us special.

With so much negative information surrounding bodies, here are some simple, gentle reminders to shift our thinking in how to treat our bodies with respect.

- Compliment yourself.
- Catch and reframe negative statements about yourself.
- Give your body enough rest.
- Move in ways that feel good.
- Fuel your body with a variety of foods.
- Exercise moderately.
- Resist the pressure to judge yourself and others based on weight, shape, or size.
- Honor your hunger and fullness signals.
- Respect people based on the qualities of their character and accomplishments, rather than their appearance.

### TAKE EDI SURVEY THROUGH NOV. 17

Complete the Equity, Diversity and Inclusion Climate Survey and let your voice be heard. Visit [edi.tulane.edu/survey](http://edi.tulane.edu/survey).

