



Charter of Peer Support

To support a loved one who experiences eating issues and body shame

- 1. Model a healthy relationship with food.** Eat a variety of food at regular intervals. Eat when you are hungry, stop when you're full, and seek out pleasurable and satisfying foods. Pay more attention to the experience of eating and to which food choices truly help you feel good. Do not skip meals or eliminate entire food groups from your diet. Do not go on crash diets in a bid to lose a dramatic amount of weight quickly. Be mindful not to mirror your loved ones unhealthy eating habits in a bid to "support" them as this simply normalizes their behavior.
- 2. Discuss food in a neutral and positive way.** Fulfill your social, emotional, and spiritual needs to restore food to its rightful place as a source of nourishment and pleasure. Do not talk about food as if it is, or should be "forbidden". Do not employ moral labeling of food (such as calling food "good" or "bad"; or associate feelings of "guilt" with eating). Do not talk about how much you have or haven't eaten, diets or skipping meals.
- 3. Do not engage in "fat talk".** Avoid discussions about how much you detest your body, your own body shame. Avoid surveillancing other people's body weights and making comments about this.
- 4. Embrace size and shape diversity.** Remember that people come in all shapes and sizes. Do not criticize yourself or other people for their inherent shape. Support others- and yourself- in recognizing their own unique attractiveness.
- 5. Trust yourself.** We all have internal physiological systems designed to keep us healthy- including regulating our appetite and maintaining a healthy body weight. Support your body in naturally finding its appropriate weight by honoring its signals of hunger and satiety. Model body trust.
- 6. Adopt healthy lifestyle habits, including a positive relationship with moving your body.** Find joy in moving your body and becoming more physically active in your everyday life.