

# Balance365 Episode 95 Transcript

Annie Brees

Welcome to Balance365 Life Radio, a podcast that delivers honest conversations about food, fitness, weight, and wellness. I'm your host, Annie Brees, along with co founder Jennifer Campbell. Together we have a team of personal trainers and nutritionists who coach thousands of women daily and are on a mission to help women feel happy, healthy, and confident in their bodies on their own terms. Join us here every week as we discuss hot topics pertaining to our physical, mental and emotional well being with amazing guests. Enjoy!

Hello, my friends. Welcome to Balance365 Life radio. This is your host, Annie Brees. Before we dive into today's topic, I want to give a big thank you to any of you listening who have left us a review or ranked our podcast on iTunes. You have no idea how much that means to us and how much it helps support our podcast. We read every single review. Thank you so much. And also a big thank you if you have ever shared an episode with friends or family, that helps us spread our message and we cannot thank you enough.

If you are listening and also scrolling social media at the same time, feel free to take a picture and tag us. I love to see what our listeners are doing while they're listening to our episodes.

Okay, today's topic came to me because I have received a handful of messages on Instagram and Facebook about this particular topic and that is what to do if and when your kid gets called "fat". And what I hear from parents over and over again, is that they see this as an opportunity to have a really impactful conversation and they want to make sure that they navigate this situation well and worrying about what to say, what to do, what not to say, what not to do can get overwhelming.

So on today's episode Jen and I cover a handful of steps and suggestions we would recommend if you run into this situation and also, what to do if your kid is the one using the word "fat" as a weapon against other kids or other adults. I think this is a really great episode, again, we'd love for you to share it if you know someone who's dealing with this situation as well. And thanks for listening. Enjoy! Jen, good morning. How are you?

Jennifer Campbell

Morning! Good. How are you?

Annie Brees

I am golden. I'm a little chilly. I've got my blanket, my tea.

Jennifer Campbell

It's wintertime.

Annie Brees

My sweatshirt. It's actually not, like, that cold yet, but I don't acclimate well to cold weather.

Jennifer Campbell

Yeah, me either. I'm trying to embrace it this year. I read an article about, I can't remember what the term is called. But it's explained there's a word for how people in Norway embrace winter.

Annie Brees

Mm hmm.

Jennifer Campbell

And I read that article and was like "Okay, you need to try to embrace it this year. You live in Canada, you cannot go through, you know, half your life hating the season."

Annie Brees

Right. Proper gear is key for me. I, like, need to be bundled up. Otherwise, I'm just miserable. And I do like the snow. I think it's fun. Just, like, sledding and skiing. That's fun.

Jennifer Campbell

Yeah, they're a lot of fun, but I agree. It's all about the gear.

Annie Brees

Yeah.

Jennifer Campbell

But there's other things involved. Like, when you have kids, like, their gear, keeping track of their gear. My middle son has lost two pairs of boots already and we're not even at Christmas. And like, it's that kind of stuff.

Annie Brees

Yeah.

Jennifer Campbell

Keeping track of mitts and scraping off the car windows before you can get in.

Annie Brees

Mhmm. Yeah.

Jennifer Campbell

It's like-

Annie Brees

Shoveling. Shoveling.

Jennifer Campbell

Anyways, I know. But there are some fun things.

Annie Brees

Yeah, there are and it'll be over and then we'll be back at the pool and then we'll be like, "Oh, is this heat!"

Jennifer Campbell

Yeah.

Annie Brees

Anyways, speaking of kids, we have, like, a discussion on a question that I don't know if you've ever gotten this, but I told you I wanted to talk about it on the podcast because it's a question that I've gotten quite frequently.

And that is what to do if and when your kid gets called "fat." And this is the exact message I got from a friend this last week. He said, "I'm reaching out to you because my good friend is heartbroken because some of her daughter's friends told her daughter that she is fat. These are eight year old girls.

As teachers, she and I know how mean kids can be but it hurts more when it's your own. I was wondering if you know of any great children's literature that would help them out or if you have any advice for her." And, I mean, this isn't uncommon, right? You know, kids, unfortunately-

Jennifer Campbell

Yeah, it happens all the time.

Annie Brees

Yeah, kids use the word "fat" as a weapon. Like, I hate to say that I'm saying this, but it's not surprising because you hear adults do it to other people all the time. Right?

Jennifer Campbell

Yeah.

Annie Brees

It's, at least when I was growing up, if you really wanted to hurt a girlfriend, you called her "fat." Like, that was like the dagger, right?

Jennifer Campbell

Yeah, I heard that growing up from women around me. So I learned very young that that would be an awful thing you could say to a woman.

Annie Brees

Right? And so now what's happening as parents is that it's possible that our kids are on the receiving end of that, or there may be on the giving end, which we'll talk about after and like, what do you do? And I think women in our community, moms in our community, have acknowledged that, like, this could be a really pivotal experience for their kid in how they respond and they want to make sure that they're handling it the right way, so to speak. I'm using air quotes "the right way." And they want to have this be a really great experience and they're trying to navigate this with, like, not doing any harm, right?

Jennifer Campbell

Yeah.

Annie Brees

And they're like, "Okay, so what do I do? This happened, what do I do?" And the first thing that we have, and we've recommended this first step for a variety of reasons, but I think it's totally applicable here is to unpack your own baggage around the word fat, which is something we've talked about in the fatphobia podcast with Bethany, like, that was what, was that like our second podcast episode?

Jennifer Campbell

Yeah, it was pretty early on.

Annie Brees

It was early on, but if you haven't listened to that one, that would be a great episode to listen to because we do have a lot of our own biases and beliefs and feelings and experiences with the word "fat" and that can absolutely affect how you respond to a child that's coming home crying from school saying "my friends called me fat" or "someone called me fat" or "this is what's happened at school, right?" So it might take some, we would highly recommend that you kind of check, like "What's going on with me about that word?"

Jennifer Campbell

Because your reaction really is going to affect how they continue to feel about it.

Annie Brees

Right? And if your response is terror, and this "Oh, oh my gosh," you know, of course-

Jennifer Campbell

Or "That was so rude." Or, you know-

Annie Brees

Yeah. Or like, "How mean of them" and that that could reinforce the fact that, yeah, fat is terrible, and that is something you should be embarrassed about or feel shame about. And so I can personally offer that if my kid had come home six, seven years ago and said that someone had called them "fat" on the playground that probably would have been my reaction. But-

Jennifer Campbell

Right.

Annie Brees

Having done the work, listening to alternative perspectives, listening to people like Bethany talk about fatphobia and really diving into and leaning into how that word has been used to hurt people. Now my responses would be much more like, "Okay, and?" like, kind of like a shrug. Do you have anything to add to that about unpacking your word, the word fat for yourself before responding?

Jennifer Campbell

No, just that listen to our fatphobia podcast if you haven't already, and the bottom line is that we have to stop treating fat like a bad word, like an insult and instead start treating it as a descriptor.

There's a whole movement going on to reclaim the word "fat." And I think that's wonderful. Because if somebody said "Annie is thin" or "Annie is fat," you know, it's really just a descriptor and we have this like visceral reaction to the word "fat," which really, really actually shows that it's, you know, how it's been used against, you know, all people but I mean, I'm talking about women here, but, you know, we have that reaction because most of us have either seen it used to seriously harm other women or it's been used against us and to the point where it feels like trauma, right, like you have stories about, you know, being a little girl and being, like, blindsided on the playground by people you thought were your friends, like, that's a traumatic experience.

And if you have an experience like that, and then and then all around you, you also live in a culture who reaffirmed that that is a bad thing. And perhaps, I'm not saying you did, but perhaps you also have parents who talked about that's a bad thing in the end and the nature of being a child and the way their brains work, it's just that "you are bad" and "you are wrong," and "there is something wrong with you" that makes you different and makes people point out this bad thing about you all the time. I mean, that is some serious trauma.

And I think if you are struggling or if you, you know, as I'm talking, you, "Oh my gosh, I have those memories. I have that trauma." I think that you should seriously consider seeing a therapist to help unpack that, like you have, Annie.

Annie Brees

Yeah, any and and to circle back to really neutralizing the word as just a descriptor. You know, if, like you said, if someone had come home and called me or if the boys on the playground had called me tall, or brown hair, blue eyes, you know, it's like, but the word fat. It's like \*gasp\*

Jennifer Campbell

Right, it is total fatphobia, it's like we've, you know, we've all kind of internalized that that is the worst thing you could be, right? Yeah. And women's bodies are just, it seems to happen more often to women than men. And anything kind of related to beauty I find is quite a trigger, ugly, fat. Yeah.

Annie Brees

Yeah. So once you've once you've kind of checked your own bias around the around the word, the next step that we would recommend is to ask questions, be inquisitive. And I think it's important to remember that you don't have to have all the right answers to have a really positive conversation and experience with your kid. But what really matters here isn't their body.

It doesn't matter if they are, in fact, overweight or underweight or what they look like or how much they weigh, what matters isn't their body, it's how they feel about their body. And it's how they feel about that experience. That's really what the focus, in our opinion, needs to be on.

Because it might very well be that, you know, you have this reaction, they come home and are like, "Actually, it just kind of rolled off my back, like, they're just dumb. They're just, you know, kids are just being mean or whatever. She's just mad because XYZ" and then it's like, "Okay, great," you can move on. Or if underneath there are some body struggles, some insecurities, then you can talk about that, you know, versus, "Okay, well, then we need to lose weight." You know, that's not the direction we want the conversation to go.

Jennifer Campbell

That's, like, basically saying, "We need to fix you so people don't pick on you anymore, right?"

Annie Brees

Mm hmm.

Jennifer Campbell

And a lot of people use that as a reason to kind of have their kids on these very restrictive diets as well. But the whole big point here is that, you know, there's things that are out of your control, like what happens with your child at school and what the kids are saying.

But what is within your control is to totally neutralize that word when your child comes home, and to not react to it, to shrug, to say, "Wow, that's weird. What a weird. That's a weird thing to tease somebody about," because the other thing is what if your child is fat?

Annie Brees

Right.

Jennifer Campbell

I mean, there's people listening who have children living in larger bodies. Some kids are just very dense and have high muscle mass, but some kids have higher body fat percentages. And so maybe your child is fat, like, we can't. It's, like, if somebody was teasing them for having blue eyes that you come home, you have a reaction, you say,

"No, your eyes aren't blue," or, I mean, they can look in the mirror and see it or you say "Don't worry about. You'll grow out of it. Someday your eye color will change."

Annie Brees  
Right.

Jennifer Campbell

And it's like, we don't know those things, right? I actually, my husband and I had this little issue probably six months ago, where one of my boys, my middle son, is very, very small. He was in the third percentile for a very long time. And on the flip side of, you know, lots of women worry about being larger, and girls worry about being larger. Boys and men tend to be worried about being too small. So, and my oldest and my youngest son are like 90 plus percentile boys.

So I could see, you know, there was different indications that this was starting to bother my middle son, and then I heard my husband, tell him one day, that if he keeps eating his meat and vegetables, he'll grow up nice and tall. And I was like, "Whoa, whoa, whoa." And so we had to a chat afterwards where I said "Look, like you have to think this through like people can't control their height, really? Like, what do we have like a, it's a very small percentage of control that we have in our height. I think you've said it on previous podcast before like 80% of our height is predetermined.

Annie Brees

It was in Secrets From The Eating Lab, it was from Traci Mann and it's ridiculously small, we have no control over it.

Jennifer Campbell

Right? We have a very small control over what height we're going to grow to. And so, you know, I'm talking that through is my husband and he had just never thought about it like that before. Right? And he works in healthcare and everything. So you know, it's just not something that had ever been brought to his attention.

And I said, like, "Think this through, like, will you're basically reaffirming to him that being small is not okay. And that but if he keeps eating this way he can grow to be tall the way that he wants to be. But he actually doesn't have any control over that. And so what? Now we are turning to this self blame method. So he's gonna, he'll grow up. Maybe he's not tall, and he will think it's something he did."

Annie Brees  
Yeah.

Jennifer Campbell

And he will also have memories of his parents saying, "Don't worry, we'll, you know, don't worry, do this, do that and you'll be taller." And so, yeah, it was good, great conversation, light bulb for my husband. "Yeah, we can't do that." And now I would say the exact same method could be applied to a child's body size in that you don't know if your child, like what if your child grows up and is fat, like, what your child needs to know is that you, at the end of the day, you love and accept them for who they are and their body is the least interesting thing about them. And so this big, this whole unpacking your own baggage thing is like, you know, most of that is "Do you accept your child's body for what it is, can you?" And, like, that's kind of some big baggage to unpack, right?

Annie Brees

Well, and as it applies to yourself, too, because I know it's so easy, and I'm guilty of this, I have a very good understanding of how certain beliefs and values can work for other people, but they don't seem to apply to me like, of course, I would love my kids unconditionally. But can I do that for myself? You know, can I offer that same unconditional love to myself?

Jennifer Campbell

And do your behaviors back up what you say you believe, right? Because sometimes we have certain values. You know, we think of course, I accept my body or of course, I accept my children's bodies and other women's bodies, yet you continue to pursue behaviors that are about, you know, fitting into societal norms. So there's kind of that little grapple inside, right? So and your kids see that, right?

So like role modeling that and watching what you say, you know, kids are listening, they're learning more about what you do, then what you're saying to them. And so they're listening to you. Do you sit and gossip and talk about other women's bodies? Do you shut down talk about other people's bodies when you're with a group of adults and say "No," you know, are you willing to say the same thing to your peers as you would to your child?

Annie Brees

Yeah. And if your child does come home and shares this experience with you, you, okay, step one, you kind of like, check your own reaction. Step two, you ask these questions, some of the questions I would imagine that could be a really great starting point for conversation would be "Hmm, what do you make of that?" Or "how do you feel about that?" Or "what are your thoughts on that?"

And like, just throw it back at them like and get some information, like, where are they at? Like, are they, in fact, were their feelings hurt? Are they upset about it? Do they want to do anything about it? And by do anything I mean, you know, confront or respond to whoever was, I don't want to say bullying but you know upsetting them and get a gauge for where they're at because again, like I said, what matters here isn't their actual body, it's not their physical state, it's how they feel about their body and how they experience their body and-

Jennifer Campbell

And how they're experiencing other children, right, like, it's, the kind of, the trauma there is more that their peers turned against them or people they thought they were friends turn against them where it doesn't matter if it was body size or academic performance, or yeah, maybe it was making fun of them for having blue eyes.

My youngest son is extremely sensitive. If, you know, someone looks at him sideways at school, he comes home to tell me about it. And so that's the issue, right? Like that is the issue and helping them kind of process and work through and become more resilient to their relationships with their peers, rather than keeping the focus on what was actually said.

Annie Brees

Yeah, and how, what are you going to do about it to make sure that it never happens again? Because newsflash, it's going to happen again.

Jennifer Campbell

It's gonna keep happening, yeah.

Annie Brees

And I mean, like, I'm 36 I'm still on the receiving end of comments sometimes that I'm like, "What the heck was that?" You know?

Jennifer Campbell

Right.

Annie Brees

But I don't have to, like, own it. I don't have to accept it. I can just, you know, I can do whatever I want.

Jennifer Campbell

Yeah, we had this conversation yesterday in the Balance365 community where it's like, how many women live with fears of what other people think of them and find themselves living their lives in a way to seek others approval and you have said this before that, you know, it's like we've been taught and maybe this starts in school because, you know, because it kind of relates to this whole topic of feeling rejected by your peers.

It's learning, you know, what is the most important thing? Is it what they think of you? Or is it what you think of you? And are we living in a way and teaching our children to live in a way where it's okay to like you as long as other people like you? It's okay to, you can approve of yourself only if everybody else has approved of you, so then you go, "Is that what we're teaching? Is that the message we're sending?" I mean, nobody's saying that directly. But it really it's about kind of all these messages.

Annie Brees

Yeah and I think and that's why questions like, "What do you think of that? How do you feel about that?" Really reaffirms that like, their thoughts, feelings, and experiences in that situation are the most important thing, like, I don't really care what Suzy thinks of, you know, Blair's body or whatever, I care what Blair thinks of Blair's body, you know?

Jennifer Campbell

Yeah.

Annie Brees

And making sure that that stays at the forefront of their mind as-

Jennifer Campbell

My youngest son is super particular about like his hair and his clothes. And so he'll always asked me, "Do I look nice?" And or "Do you like my hair?" Like it's combed in a different way? And I'll say, "Do you like your hair? Do you like your clothes?" And that's all that matters. "Do you like it?"

Annie Brees

Yeah.

Jennifer Campbell

We went to the Sound of Music on Monday night and it's sort of a dressier thing and he wore sweatpants with a hole in the knee and a button down shirt. It was quite the, and I just remember having this moment where it's like, I really, really want to make him go change. And I did suggest it but he was adamant and finally I was just like, "You know what? You want to go out like that? That's okay."

Annie Brees

Yeah.

Jennifer Campbell

"Do you like what you're wearing?" "Yes." "Okay."

Annie Brees

I'm kind of giggling because I remember when I sat down for video meeting or something shortly after getting my big snake tattoo, and you go, "Oh, a snake!"

Jennifer Campbell

Oh, me?

Annie Brees

And I was like, "You know what? I like it. You don't have to like it. It's on my body. I like it." And your reaction was like "Oh!"

Jennifer Campbell

I do like your tattoo, but who cares what I think?

Annie Brees

Right.

Jennifer Campbell

It's your body.

Annie Brees

Yeah, and that's and I think that's data is to me is like so, so much freedom to just be like, "Actually, this is what I like, and would it be cool if you liked what I like? Sure, but like, I don't need you to like what I like because I know what I like, you know?"

Jennifer Campbell

Right?

Annie Brees

Anyways, okay, so, step three, and I don't know that this is necessarily always applicable, but it could be a way to help reframe the word fat, especially for age appropriately. You could remind that fat is vital to living, that we do need fat on our bodies. It helps keep our organs, keep us warm. It helps protect our organs, it helps

transport vitamins and minerals to various places in the body. Like, we need fat and without fat on our bodies we cannot thrive.

Jennifer Campbell

And some people will have more than others just like some people will be taller, shorter, different eye color, like, keep it totally neutral and yeah-

Annie Brees

Yeah. And because I again, I think offering context for fat in a positive light, like, "We need this. This is something we can't live without. It's not a bad thing" can be helpful if your child is really struggling with, like, "No, fat is bad. I want this off my body" sort of sort of thing. The other the final step that we would offer is and again, this is going to be probably really situation specific, would be to discuss responses that they feel comfortable, if and when it happens in the future, if they want to respond to it at all.

And I think that, you can brainstorm, you know, what words feel comfortable to them, right? Because how Jen would respond might be different than how I would respond. But I think what I would encourage you to do is help them construct a response that didn't reinforce that fat was bad. You know, it could just be something as simple as like, "What's your problem?"

Jennifer Campbell

Or like, "So?"

Annie Brees

Yeah. "Why are you so angry today?"

Jennifer Campbell

So, Annie, let me ask you this. What do you wish, when you had those experiences younger, what do you wish you would have done or said?

Annie Brees

Well, you know, I shared on the podcast that I just was like, "Eh, Okay, cool." And I kept moving. What I wish I had is an alternative narrative about the word "fat" because, as you were saying a little bit ago, I had already kind of constructed this belief that fat was bad. And then here I had boys on the playground, calling me "fat."

And I lived in a world, not necessarily from my parents, just TV, magazines, friends, my environment was also reinforcing that so had there been someone, something to offer a different narrative about what it means, you know, what the word "fat" means and how

that's not the worst thing you can be and it can be a very neutral word and I might have had a totally different experience. But I didn't tell people. I didn't go home and say "Mom, kids are calling me fat. They're making fun of me." Yeah, so but but if I had had an alternative narrative about the word "fat", I think that would have been a big help to me.

Jennifer Campbell  
Yeah.

Annie Brees

I don't know that I would have responded any different though and I still tend to be the, like, "I'm too cool to care."

Jennifer Campbell

Which can be a good protection thing for kids on playgrounds, but as long as they, you know, you want them to have a safe place to land when they get home. And I'm not a child psychologist, so I don't want to get too far into this but we taught our boys to, I heard it from Brene Brown. She was on, I was listening to her on a podcast and she said, "You know, there's like this, this like, tug of war between tough and tender, like do you teach your kids to be tough, or do you teach them to be tender?" And she's like, "It's both. It's actually both. The kids who do best are the ones who are taught to be tough and tender." And that's always stuck with me.

And so, we've taught our kids to sort of, well, the school actually has this whole thing they have kids go through, it's called TILT. It's like T is talk to the person, I is ignore the person, L is to leave the situation and T is to tell an adult and that helps them you know, so they're kind of constantly reaffirming that and that gives them strategies to try before they're getting an adult involved. And I like it and and we talked about it at home.

And so for me if my kids are, if somebody saying something to my kids, we tell them to you know, initially just shrug it off "So what?" you know, laugh and move on and they can always come and talk to us. Like we are their soft place to land and to come and process that. And the other thing that my father in law used to, well, he still does, he teases the boys constantly.

So father in law, grew up with boys. He's a twin boy, my husband grew up with boys. Now, we have these boys. And I come from more of a female dominated family. So when he was, when the boys were little, and he'd be teasing them. I would sometimes feel, like, uncomfortable, like, I'd be, like, "You know, they're going to get teased lots in life, like, it shouldn't come from their grandpa." And as, then one day, John, my

husband, John's dad, talk to me about this. You know, he kind of just brought it up in conversation that they're going to get teased at school. They're going to get teased at school, but they will remember how grandpa used to tease them and they will have learned how to laugh it off. And I thought "Oh!" Like, light bulb, like, that's the tough, you know, that's sort of the toughness.

I wouldn't say that he teased them over to the, over the top to the point of bullying them where they were crying. It was like he teased them just enough to get them kind of used to it. And now my youngest son is very sensitive, but what I will say my oldest son can laugh off anything. And I've seen that he is extremely resilient towards teasing. So, anyways, I don't know if that helps anybody but yeah, it's been good for us.

Annie Brees

The response might depend, you know, kid to kid you know and how you handle it with kid number one might be different than-

Jennifer Campbell

Again, my youngest son is extremely sensitive. So, which is interesting because he's the youngest and he gets the most teasing from his brothers. But yeah, anyways, so I just, school yards can be like battlegrounds, and it can be so hard to just let your kid, you know, you support them, but then you're sending them back to school and they have to kind of work through these things and they have to build resilience and it's just, it can be so painful as a parent, especially if you have that trauma also in your past, whether you were picked on or you were called, you know, "fat" at school, and that was very traumatic for you.

And but that happens a lot. Like, we all have some kind of memory from our childhood. I don't think anyone made it out alive from school yards. And I think what happens is we start projecting our, that pain, into fear that is going to happen to our kids. And what happens is, as we talked about this pendulum swing all the time, we're trying to overcorrect for our kids, right and so sure it happens with fat. But it also happens with, you know, boys who were picked on or beat up in school and then they try and you know, they got their kid in wrestling really early on and they're trying to make them as tough guy, you gotta be tough. So it's like this overcorrection and you know, the overcorrection is causing issues with these kids too, right?

Annie Brees

Right. My mom, bless her heart, she was doing the best she could but I got made fun of a lot for, I could tell you his first and last name still, it's, like, that, like, clear in my head.

He made fun of me for my glasses and he would call me "four eyes." And so my mom was like, you should just tell him that four eyes are better than two.

Jennifer Campbell

We heard that too. My sister and brother had glasses.

Annie Brees

I'm not really sure supported my case for like being cool.

Jennifer Campbell

I had a moment when my kids were younger where I realized that I was trying to compensate for the pain I felt growing up poor and having you know, my running shoes made fun of and you know, always feeling like I never had the cool stuff. I never had the Nike shoes. I never had the Quicksilver jeans. And that was such a pain point for me when I was young.

So then, and there were kids that teased me. And not everybody, but there was, it was used against me at different times. And I remember there was a point when my kids were younger, where I was like, "Why are you buying them all this like brand name stuff and what? You know, you are raising boys that are going to go to school and tease girls like you if you continue on this path," and it was such a moment for me where I had to just really come back down to earth and like, you know, stop trying to overcompensate for the pain that I experienced when I was young. So yeah, that's where I think a lot of this fat talk comes from.

Annie Brees

Yeah, you gotta check your own stuff. You know, and that's not, like, something you can do overnight. Like, that's not gonna happen in 30 minutes and then you can come revisit this conversation. It's going to be a process and an unfolding but I also do just want to spend just a quick minute on what to do if your child is the one calling other kids "fat." I still think all the above rules apply you know, checking your own language, making sure that you're modeling healthy behaviors around that word, that you're not using that as a weapon against other people as well.

Jennifer Campbell

I have a no tolerance policy for body and appearance based teasing, so and I'm just very forward with my kids about that in that people can't help the way they look, like, nobody can help the way they look. So I read this somewhere. It's like, if you want to teach somebody for something they can change in five seconds, then go right ahead, but we have zero tolerance for appearance based teasing.

So if I have spinach in my teeth, you go ahead and make a joke. Like, that's funny. But if you're trying to make fun of somebody for having crooked teeth, I don't think so. Like, that is not something that you know, that's not a five second fix. And that is maybe also something that doesn't need fixing. Like we do not do that. So yeah, I haven't singled out fat necessarily, but I've told my kids-

Annie Brees

Comment on appearances in general.

Jennifer Campbell

Yeah. Like, they understand that they know that, like, that me and their dad take that very, very seriously.

Annie Brees

I agree. 100%. And I also remember, I think it was Bethany in the fat biphobia podcast, said that she has opened the door for her kids, or for her kid, as if you have a question about someone's body or appearance or ability, you know, I think her child had reference like a wheelchair or something, you can ask me that in the privacy of her own home. And that was like a safe space to like-

Jennifer Campbell

Yeah, take the mystery out of it.

Annie Brees

Yeah. If they're curious, or if they just have some questions, like, totally cool, but we're not going to discuss that in front of them or in public. And I like that like that they could still come to you with, you know, innocent quite often in the center, just maybe inquisitive questions. But I absolutely agree that people's bodies and appearances aren't up for debate, they aren't up for question, they aren't up for teasing and making sure that you're modeling that and even things, you know, like the TV, you know what, like, what you're listening to on the TV, what you're reading in the magazines that-

Jennifer Campbell

That stuff comes, like, hard and fast. We were watching a Christmas movie last year where they're making fun of Santa, you know, because he was, it was Santa Claus, maybe, it's an old one, where he turns into Santa; he, like, inherits the Santa. And I don't know if you know what movie I'm talking about. Was it Tim Allen?

Annie Brees

Tim Allen.

Jennifer Campbell

Yes. Yeah. Yeah. And so he's getting bigger and bigger, right. And then so he's, you know, when he's horrified and so like it really is everywhere. And I just have the conversations with my kids when they happen. Like, I just, I mean, like every other parent out there, it is exhausting to be constantly trying to counteract this social narrative around bodies. So we deal with it when it happens. And I hope that the values that we're instilling at home, kind of serve them through, you know, seeing that stuff. And yeah.

Annie Brees

Yeah, I agree.

Jennifer Campbell

And I can only do what I can do, right. Like, we can only do what we can do. But they will all grow up, you know, they are all going to make mistakes, and they're going to grow up and it's the values you instill at home now is what I believe they will all come back to eventually.

Annie Brees

Yeah, or so we hope right?

Jennifer Campbell

So we hope.

Annie Brees

All right. Well, thanks, Jen. I hope that this is helpful to anyone else wrestling with this issue and I hope that we provided some good alternatives to maybe, you know, what former me would have done, you know, past me. Welcome to Balance365 where it's a programs and content created based off of our past experiences. So we can do better in the future. But thank you and I will talk to you soon, okay?

Jennifer Campbell

All right. Bye bye.

Annie Brees

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