

**FAT**

**PARENTING  
IN THE AGE OF  
DIET CULTURE**

**VIRGINIA  
SOLE-SMITH**

**BOOK  
CLUB  
KIT**

**TALK**



## FAT TALK

## Questions for Book Club Discussion Guide

1.

What does “fat” mean to you? What does “thin privilege” mean to you, and how does it show up in your life or your experiences of the world?

2.

How does anti-fat bias show up in your life or your experiences of the world?

3.

How did reading this book change your understanding of these terms?

4.

Think about your own family dinner table. (This could mean your current family, or your family of origin.) What messages are present about food and bodies? How are these messages conveyed? How do they make you feel, and how do they impact other people at the table?

5.

Think about your relationship to exercise. How does it impact your relationship with your body? How connected is it to your feelings about fatness? What would it look like to untangle these things?

6.

Think about chapters 8 and 9: How do gender roles and expectations impact your understanding of fatness? How does your gender identity influence your relationship with your body? How could you challenge some of the norms and expectations around this?

7.

If you are a parent, an educator, or otherwise affiliated with a school community: How does anti-fat bias show up there? What are some conversations you could start, or other action steps you could take to challenge that?

8.

How did your own experience of puberty influence your relationship with your body? If you have kids in your life: What do you want to change about their experiences of puberty? How can you approach this phase from a fat positive perspective?

9.

How does social media influence your understanding of body norms and ideals?

10.

What Fat Talks do you need to have with people in your own life?