

Teens: Web Resources

Learn more and get involved!

The good news is that there are several groups of people trying to do something about weight bias by increasing awareness, conducting research to better understand the prevalence and consequences of weight bias, and by providing educational programs to decrease weight bias. Because of these efforts, the state of Michigan and Washington D.C. have even passed legislation banning discrimination based on height or weight. Here are some resources if you're interested in learning more about this important issue.

Largesse Network

www.eskimo.com/~largesse/

Largesse, the Network for Size Esteem is an international clearinghouse for information on size diversity empowerment. The organization's mission is to create personal awareness and social change, which promotes a positive image, health and equal rights for people of size.

BB Teenz

www.size-acceptance.org/bbteens

Big Beautiful (BB) Teenz is a section of the International Size Acceptance Association's website devoted to teenagers. The site contains news clips, links to teen plus-sized fashion and more.

The Dressing Room Project

www.thedressingroomproject.org

The Dressing Room Project is a group created by girls with the purpose of challenging media-imposed standards of beauty. They post girl-designed cards on mirrors in women's dressing rooms everywhere to help girls and women feel confident about their bodies.

Understanding Prejudice

www.understandingprejudice.org

UnderstandingPrejudice.org is a web site designed for students, teachers, and others that discusses the causes and consequences of prejudice. They feature several interesting tools for understanding prejudice, including online slide tours and surveys.

For more information on weight bias, please visit
www.UConnRuddCenter.org



Stop Bullying Now!

www.stopbullyingnow.hrsa.gov

Stop Bullying Now! has information and strategies for kids who are being bullied, kids who are bullying, and kids who witness bullying. They also feature animated webisodes about bullying situations.

Bully Boy

www.bullyboy.ca

Bully Boy was created by two Canadian youths with a mission to stop bullying. They feature the interactive comic book *The MISadventures of Bully-Boy and Gossip-Girl*. Their kid's sections has fun, interactive games.

Bullying.org

www.bullying.org

Bullying.org has online support groups and strategies for kids who are being bullied. They also welcome submissions of stories, poetry, images, music, and videos, which they feature on the site. Their motto: You're not alone. It's not your fault. You can do something about it.

Bully Free World

www.bullyfreeworld.com

Bully Free World offers straightforward information about bullying and what to do about it.

Bullying for Girls

www.girlshealth.gov/bullying/index.htm

This site contains information specifically for girls and young women about bullying.

Check out our other handouts for Teens:

[Are you being bullied because of your weight?](#) and [What about weight?](#)

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