



SPORT IS FOR EVERY BODY | FOR COACHES

HERE'S HOW WE SHUT DOWN BODY SHAMING TOGETHER:

What can you do?

- Take it seriously. Shut down body shaming when you hear it from players, spectators, officials, parents or anyone - even if it sounds like they are trying to make a joke.
- Don't comment on appearance, weight, body shape or size. What might seem like a compliment can still cause harm.
- Don't compare an athlete's body size, shape, growth, or appearance to others, particularly those who are 'successful' in the sport, e.g. "Jake is the largest on the team so he should go into goals" or "Ruby will only go so far in netball as she is on the shorter side".
- Celebrate effort, improvement, dedication, attitude and teamwork, instead of a focus on appearance e.g. "You've improved so much at that skill" instead of "You've really slimmed down".

How can you respond?

If body shaming happens, your response will depend on the situation. Here are some phrases you can try.

Addressing body shaming language	Supporting the victim of body shaming	Building up the team
• "Those comments are not acceptable here." • "We don't talk like that here." • "That's not respectful. Cut it out." • "We respect all bodies on this team." • "Let's focus on effort, not appearance." • "I need to talk to you about that comment." • "You might not have meant to hurt anyone, but those words can do real damage."	• "I noticed what happened, and I want you to know it's not okay." • "There is nothing wrong with the way you look. All bodies are 'good' bodies!" • "You belong here." • "You're valued for who you are and what you contribute. You bring so much to this team." • "Let's talk about what we can do if this happens again." • "I'm here for you if you want to talk about this."	• "We play hard, respect each other and leave body talk out of it. It's not ok" • "Let's support skill, effort and teamwork." • "We don't tear each other down, we build each other up." • "We want everyone to feel like they belong here." "Let's talk about why we don't make comments about other people's bodies." • "If someone can't change something about their appearance in 30 seconds - like having food in their teeth - it's best not to comment on how they look."



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