



SPORT IS FOR EVERY BODY | FOR PARENTS

HERE'S HOW WE SHUT DOWN BODY SHAMING TOGETHER

What can you do?

- Set the tone: Try not to say anything about your own, or anyone else's body. Sometimes comments about the way people look just slip out, but your words and actions matter. Start by becoming more aware of it.
- Speak up: Ask questions to find out more about what is happening if your child tells you that body shaming is happening in a team or club. Say something when you hear other players or parents making comments about bodies and appearance. Depending on the situation, this could be something direct like: "Please don't make comments like that/ talk like that to my child" or something more gentle like "Let's steer clear of body comments" or "Let's focus on effort, not appearance".
- Celebrate effort, improvement, dedication, attitude and teamwork - not just goals, wins or appearance.

How to support your child if body shaming happens

If someone has made a comment about your child's appearance, you can:

1. **Listen and validate:** "I'm really glad you told me. That must have felt awful."
2. **Reframe the focus:** "What they said is not okay. There is nothing wrong with the way you look. We want to support you, so how do you want to handle this?"
3. **Celebrate what their body can do:** "You are strong and capable - exactly as you are. You are such an important part of that team."
4. **Plan the next steps together:** Discuss with your child how they'd like to handle the situation. You might empower them to speak up and say "Please don't talk about my body". You could get your child's approval to talk to the coach or club e.g. "My child was hurt by a body-related comment made during training. We'd like to discuss how all players can feel safe and respected."
5. **Focus your comments on being positive about their improvements, participation and enjoyment of their sport.**

Let's use our words for good so everyone feels like they belong.



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