

Fat Warrior Freaks Storm NYC

A workshop by Sondra Solovay & Max Airborne
at Lady Fest East, NYC, September, 2002

1. Introduce ourselves
2. How many have fat-activist/oppression work experience?
3. We're not here to debate diet results or studies, or talk about body image issues of thin people
 - difference between fat oppression and body image issues
 - NIH study re: diet failure rate
 - Ansel Keys study debunks "try to lose weight" myth
4. Sony's stereotype story as segue
5. Stereotype exercise
6. Overlap of fat with other oppression
 - can't have progressive politics w/o having a stand on fat oppression
 - can't adequately address racism, classism, etc. w/o addressing fat oppression
 - higher percentage of fat folks in other oppressed groups
7. Actual discrimination stories
 - summary of legal situation
 - basic, little legal protection
 - kids especially vulnerable
 - Max tell lockup story
8. Fat warrior concept
 - warrior = fighting for the truth, fighting against falling asleep
 - be proud of ourselves for surviving!
 - acknowledge other folks
 - acknowledge people in the play
9. Places where fat intersects your life
 - how are these different if you accept being a warrior?
10. Activist project ideas and examples
 - what have folks been doing?
 - fat art, music, plays, etc.
11. Tell your stories! Why is that important?
12. (If time) Responses to stereotype insults - brainstorm
13. (If time) Make patches