

Size it Up!

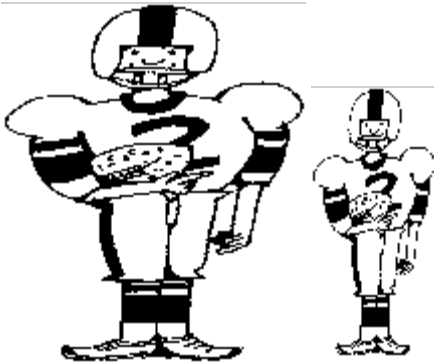
Size Acceptance

People come in all different sizes and shapes.

Many people get teased about their body size.

A new idea called *size acceptance* is growing in popularity around the country.

The idea is this:
wonderful
caring
talented
human beings
come in all sizes.



Before you tease someone about their size (or height, or clothes, or any part of their appearance), remember this:

WORDS HURT!

Name calling may make you feel important for a few seconds, but name calling can hurt another person for a long time (maybe even a life time).



Many things in the world come in different sizes:

- animals (think of a squirrel compared to an elephant)
- plants (a blade of grass compared to a giant tree)
- buildings

and so do humans!

Here's something to think about: people who eat about the same and have about the same level of physical activity are not the same size. Some may be thin, some may be large.

Remember the words of a popular song-
"don't laugh at me
don't call me names
don't get your pleasure
from my pain."

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