

body size
~~Overweight~~
- Fat Lib.

HOW YOU CAN HELP END OPPRESSION OF FAT DYKES

"You live in this world, you have eyes, you see what abuse I have to take! How much pain must I suffer before you accept my oppression as valid? Who the hell are you to sit in judgment on me?"

Laurie Ann Lepoff
Fat Politics

1. Stop assuming that being fat is a matter of choice for most fat womyn.
2. Stop assuming I should lose weight - one of the oppressive assumptions that thin womyn make is that all fat womyn want to lose weight.
3. Stop assuming or believing that I'm killing myself by being fat - oppression kills!
4. I have lots of feelings when I eat. So do thin people. Don't attribute pain, despair, low self-esteem, or other mental symptoms to me just because I'm fat.
5. Don't always assume that fat people are jolly and funny.
6. Don't ignore fat people. Fat people are easily ignored because we often try hard to be inconspicuous.
7. Don't point to the exceptional weight loser. Weight lose is statistically atypical.
8. Don't expect Fat Liberation to become a major political movement before YOU start to change.
9. Remember I am me. I am not your dictatorial fat father, I am not your nurturing Aunt Clara, I am not your seductive fat mother.
10. Get rid of your terror of being fat. Get rid of your fear of fat people. It is hurting all of us.
11. Don't leave it to fat Dykes/womyn to do all your consciousness-raising for you.
12. Don't treat fat people like we're uncool. Just because we are not allowed to wear the latest styles doesn't mean we don't know what's going on.
13. Let yourself be attracted to a Fat Dyke/womyn. It's not an accident if you've "never" been attracted to a fat Lesbian.
14. Have sex fantasies about fat womyn/Lesbians without turning us into earth mothers and comforters.
15. Whenever you fantasize, draw or otherwise image Lesbians/womyn, see us as we really are, all sizes and shapes and colors. It is the responsibility of artists and graphics womyn, etc. to show fat images in a positive way.
16. Invite us to go swimming or to the sports club. Take our pictures when you have your camera out (unless we ask you not to). Don't put your shame of fat upon us.
17. Don't drink diet pop or in any other way support the diet industry. The patriarchy makes huge amounts of money through the diet industry by playing on womyn's fears of being fat or getting fatter.

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18. Remember that fat oppression is a fat person's problem, too. We are all taught to be afraid of being fat, or fatter.
19. Remember what Vivian Mayer says: "Fat is not a feminist issue, Fat LIBERATION is!!"
20. Stop dieting yourself!

In summary, support me as a fat Dyke by:

- ...understanding my oppression
- ...exposing fatophobia where you see and hear it (e.g., don't let your agency or organization post notices about diets or groups that assume we need to lose weight)
- ...letting and helping me love my body FAT without any overt or covert assumptions of having to lose it.

Encourage fat Lesbians and womyn you know to

- ...stop dieting
- ...join a support group or talk with other fat Dykes about being fat
- ...come out of our closets
- ...build pride and rid ourselves of our self-hatred

HELP US THROW OUR WEIGHT AROUND!

For more information, write

Minneapolis Lesbian Fat Liberation
c/o Lesbian Resource Center
2104 Stevens Avenue South
Minneapolis, Minnesota 55404
(612) 871-2601

FAT ISSUES WORKSHOP
C/O BONNIE RAMSAY
4508 Frances St.
Burnaby, B.C.
(604) 251-3803

FAT ISSUES SOURCE LIST

1. Life In The Fat Lane, 772 Capp St. San Francisco USA (415) 550-C
2. Fat Liberator Publications, Box 342, New Haven CT USA
3. Boston Fat Liberation, c/o 137 Tremont St., Cambridge MA USA 021
4. Kinesis letters to the editor March 83 April 83, 400 West 5th Av
Vancouver, B.C. V5Y 1J8 (604) 873-1427
5. Fat Issues Book, c/o Iowa City Womens Press, 529 S Gilbert St.
Iowa City, IA, USA 52240
6. Fat Underground Collective, PO Box 5621, Santa Monica CA, USA 90
7. Ample Apple, Seattle, WA, USA
8. Fat Avengers, c/o CAA/LRC, 4253 Roosevelt Way N.E. Seattle, WA I
98105
9. Fat Issues Workshop, c/o Bonnie Ramsay, 4508 Frances St. Burnaby
(604) 251-3803. (first presented at 1983 B.C. regional Lesbian
Conference, Claiming Our Lives)
10. Images Of Our Flesh, (a calendar for Lesbians only), Distributio
Diaspora Press, P.O. Box 272, Langlois, Ore. USA 97450

Vancouver Area Bookstores who have made a commitment to order this
material.

Little Sisters Bookstore and Art Emporium, 1221 Thurlow St. 669-

Women's Bookstore, 322 W. Hastings St. 684-0523

Ariel Books, 2766 W 4th Ave. 733-3511 (has several books already