



## Tackling Weight Stigma and Bias in Adolescent Health Programs and Services Video

### Discussion Questions

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Using the questions that follow as a guide, take about 15 minutes to reflect on the video and to discuss as a team what you have learned.

Discussions may involve different points of view and may be sensitive, triggering, and/or uncomfortable at times. Facilitators can work with their teams to establish ground rules for respectful, confidential, and safe sharing, listening, and strategizing.

- 1 What are your initial thoughts and reactions to the video? What, if anything, surprised you?
  
- 2 Why is addressing weight stigma and bias critical to our work? What are the consequences of NOT addressing weight stigma and bias in our work?