

S E L F A F F I R M A T I O N S

"I am allowed to take up space"

"I deserve the accommodations I need"

"Nobody is entitled to my body"

"Other people's perceptions do not define me"

"I am allowed to protect my space and demand consent"

R E S P O N S E A R S E N A L

Alert a third party that someone is taking a photo of you without your consent (on an airplane this is a flight attendant, in a restaurant the third party would be a server). Ask them to tell the fatphobe to stop.

If you feel safe, take a photo to identify the person in case the situation escalates.

Find a way to let them know you've caught them, without jeopardizing your safety. Jokingly ask "what are we taking a picture of?" while preparing your phone to take a pic and join in on the fun.

Your safety is most important. It's ok to let the moment pass.