

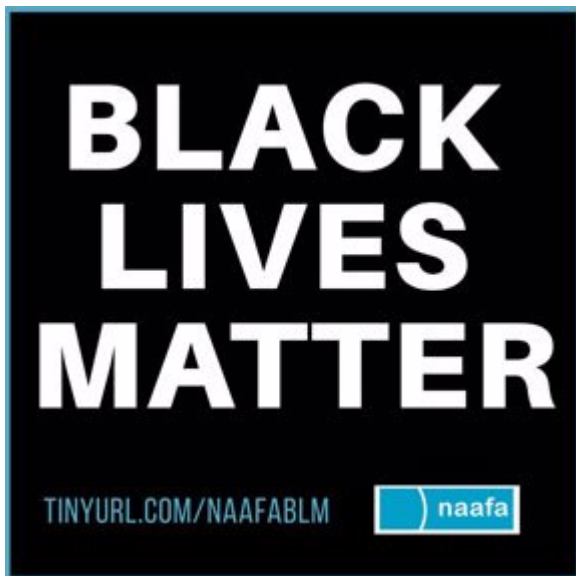


End Racism Now!
Black Lives Matter
Special Edition NAAFA Newsletter

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**End Racism Now!
Black Lives Matter**



The National Association to Advance Fat Acceptance (NAAFA), its Board of Directors and the Future of NAAFA Committee stand against the violence and injustice perpetrated in the murder of George Floyd and many other Black people. Our hearts go out to his family and the too many other families dealing with losses like this. This murder is an example of the state sponsored violence that Black Americans face daily. As a civil rights organization, we must stand against discrimination in all of its forms. We believe that protest is essential to combatting racism and correcting injustice. NAAFA supports actions aimed at ending racism, injustice and violence against our Black brothers, sisters and siblings in fat community and beyond. This violence against the people of our nation MUST end.

We challenge fat White and other Non-Black people to examine your own biases, call out racism when you see it and to get a better understanding of how racism and fatphobia have worked hand in hand to harm our communities.

We encourage our members and community to show your support with your money, your time and by being visible in your support to end violence against Black people and to the racist systems and practices that harm us all. We recommend you follow and support Black-led organizations like [#BlackLivesMatter](#), [#NAACP](#), [#ColorOfChange](#), [#PushBlack](#) and our local leaders who are working to end institutionalized racism in our country.

NAAFA Board of Directors:

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Courtney Marshall

Jessica Richman

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Why is NAAFA taking this stand?

Although NAAFA is an organization that focuses specifically on fat rights, we are a civil rights organization. Previous leadership held the view that we should not speak out about other social issues. That is not the position of the current Board of Directors and that is not what we hear from our current membership

that they want us to do. Many members of fat community are people of color. If our goal as an organization is to improve the lives of fat people, we cannot ignore the injustices fat Black and other POC people face based on the color of their skin. Additionally, as we demand our own civil rights, we must also do so for those whose rights are being violated for reasons other than body size. For people like George Floyd and Breonna Taylor, being Black in America was a death sentence. Institutionalized racism must be rooted out and people must be allowed to 'breathe'.

26 Ways to be in the struggle

If you are unable to attend demonstrations to show your support for change, there are things you can still do. Check out the many ways to show support suggested here: [26 Ways to Be in the Struggle](#).

8 Can't Wait

[8 Can't Wait](#) is a project of [Campaign Zero](#), an initiative to end police violence in America. It lays out 8 specific policies that can be instituted immediately to reduce police violence by 72%. [8 Can't Wait](#) gives you a way to look at your local area police bureau and determine what has already been adopted and what is still needed. That knowledge then allows you to take steps to contact the appropriate people and advocate for positive change.

Anti-Racism Resources for White People

We need to look at ourselves to understand how it works through us; we must identify our explicit and implicit biases, as well as our fears connected to making a permanent change in the current systems, and then we must do the ongoing work to improve. More specifically, as white members of NAAFA, we cannot expect our Black and other POC friends in fat community to carry the burden of teaching us about racism. We must do our own work to ensure that the struggle for fat rights is not another place where white people are centered while others are marginalized. Continuing anti-racism and anti-oppression work in our own lives is critical. We are thankful to have this document to serve as a resource to assist us in our understanding and anti-racism work: [Anti-Racism Resources for White People](#).

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Founded in 1969, NAAFA, the National Association to Advance Fat Acceptance, is a non-profit human rights organization dedicated to improving the quality of life for fat people. NAAFA works to eliminate discrimination based on body size and provide fat people with the tools for self-empowerment through public education, advocacy, and member support.

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