

## **Comprehensive School Health Course**

### **Weight-Neutral Approach: Example Case Study**

#### **Scenario:**

You are teaching Phys. Ed. and have spent quite a bit of time setting expectations for positive and respectful behaviour during your classes. The students at your school are quite diverse. One student, named Fred, was nicknamed “FF” or “F-squared” and you never really thought about it. Fred was also a well-liked person in the community program that he participated in every weekend. Leslie, the youth leader at the community program also heard Fred being called “FF” and “F-squared” by his friends and classmates. This nickname had been used ever since Gr. 9, and by Gr. 12 it was well established. Once during a weekend practice on the field, you heard a student call out, “Hey Fat Fred – run for that ball!” Leslie happened to be on the field hosting a community event and overheard the comment as well.

#### **Small Group Discussion Questions:**

1. What are the main issues that need to be considered?
2. Who needs to be considered?
3. What else would you want to know?
4. What do you need to be careful about/thoughtful of?
5. How can a CSH approach be used to guide your next steps?
6. What do you decide to do about this particular incidence?