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Wearing a small size doesn't make you "anorexic"

Friday, November 28, 2014

Fat shaming is wrong and the stories about the devastating effects are constantly posted here on Spark.

The inspirational stories about challenges faced, incremental progress and final success provide motivation to millions.

However it is hurtful to hear comments that can only be termed "skinny bashing."

Telling an slim person to "eat a burger" is just as insulting as telling an obese person to "eat a salad"

Making judgments about a person based on body size and shape is wrong. Being obese doesn't mean you are a lazy glutton and being a small size doesn't make you a compulsive anorexic.

Anorexia is a serious disease.

That term shouldn't be tossed around lightly or in a joking manner.

We don't want to face how much more "generous" manufacturers have made their clothing over the last 40-50 years.

In the 50s and 60s the average woman was a size 12 and her measurements were 34-26-36.

As society has gotten larger and larger "sizing creep" has progressed to the point that It also means that we need to have sizes 0, 00 etc.

These aren't super skinny women. These are the women who used to be called a size 8 or 6 in decades past.

Home sewing companies, like Simplicity, haven't gone to vanity sizing.

You can check out what society used to look like right here.

www.simplicity.com/images/downloadablePDF/SIZE_CHARTS/RTS_English.pdf

It is important to have a positive self image.

It should not be achieved by insulting and putting down other people.

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TODDERICKV

Agreed!

2376 days ago

v



SWEDE_SU

here here!!

2383 days ago

Well
Said!

v



HWNHMMBRD

Well
Said!

2385 days ago

Well
Said!

Well
Said!

v



~INDYGIRL

I never looked at it from the other side. I'm glad you gave me perspective.

2385 days ago

v



MJZHERE

So I was super sensitive that some really had a hard time and were "judging" when I was losing weight. But, telling the truth, my daughter who sometimes becomes very thin, I do ask if she is eating... of course she hates it, but maybe it is a case of a habit that is hard to break. When I ask, I am worried (been a mom a long time).

2385 days ago

v



WALLAHALLA

tru dat!

2386 days ago

v



1STBUCKETITEM

Great blog! I'm keeping that size chart as a reference to what I used to wear back in the 60's. I may not get all the way back there, but I'll know when I get to a "size" I can live with for the rest of

my life. Thanks!

2386 days ago



v



GINIEMIE

This site has been a blessing to me, and I am by no means skinny and when I get to my goal weight, I would just appreciate an acknowledgement of how good I look-no references to my past or comments that I'm too skinny-that was one of the comments that made me give up on being careful 20 years ago...Everyone thought I was too skinny and endangering my health-I lost confidence in myself. So yes praise with out judgement is a good position, and if someone is heavy find an attribute to praise-their face, smile, efforts walking at the gym etc. If asked how you

did it, share otherwise tread lightly. The scars left behind can be life lasting.



2386 days ago

THANK
YOU!



v



HOLLYM48

I so agree! Thanks for posting this!

2387 days ago

v



FORZACHANDMATT

So true - thanks!

2387 days ago

v



TRAVELGRRL

So true! Couldn't get the link to work, but so agree with you -- skinny bashing is just as bad as fat shaming.

2387 days ago

v



CD4300142

I definitely agree with this blog! It's very upsetting to me that people do this. I think part of it is jealousy. People who wish they were a smaller size making fun of those who are so they think it will make them feel more comfortable about their own size. I'm no psychologist but that's just my take on it.

v

My goal really is not to be a smaller size, but a healthy weight and healthy body fat percentage so I can avoid disease and live a long healthy active life. When people see pictures of me now after losing 60 pounds (but still have more to go) I get a lot of "are you sure you want to lose more weight?" I think it's because they don't want to admit they may need to lose more weight in order to be healthy.
2387 days ago



DR1939

As a psychologists I am very concerned about the casual use of diagnostic terms. These are very serious illnesses that should not be used indiscriminately.
2387 days ago



CD9543726

My sister is a size 0, and always has been (or smaller). She's built that way. She has many times ranted about the people who come up to her and said, "Oh, so THAT'S what a size 0 looks like" and other such comments. It's awful. Any kind of body-shaming is bad!!
2387 days ago



PHEBESS

I'm blown away that a size 0 exists. Telling someone they are a zero seems inherently insulting to me. I've never quite understood how a size 0 can even exist in any kind of reality. If you were a zero, you wouldn't exist, right?

On the other hand, I've known women who, years ago, ended up wearing children's clothing because women's clothing wasn't small enough.

Sigh. Why does size matter so much to so many people?
2387 days ago



MISCHAKEO

I don't like skinny bashing either. Anorexia is a serious disease. Good blog.
2387 days ago




NELLJONES

I have been the same size for many years, but the "size" has changed dramatically. I have a size 8 skirt from 1980 that is snug, but I have to buy a size 0 to get the same fit today. Since few stores actually carry the 0, it's hard to shop, Nordstrom is the only reliable source. When I sew, I buy a size 12 pattern. Go figure.
2387 days ago



CD4114015

 blog! I agree totally but you wrote it out perfectly!
2387 days ago



CD14815535

Yeah, I mean why go there with skinny bashing (or fat bashing)--it doesn't make any sense, not on this site or any site.
2387 days ago



JIBBIE49

Oh, you are so right about the sizing. I am 65 so I was a size 7 in high school when I was 5'4" and 114#, but I wasn't skinny at all. I was 34-23-37. (Yes, I had a big CAN and got lots of comments about it.)

Sizing has really gone crazy IMO, when a woman who is now 185# is a size 12. I remember reading about how dress makers had to go to 1X, 2X,3X because women didn't want to buy a 20, 22, 24. It hasn't helped the health of any of the people today, especially young women.
2387 days ago



ONEKIDSMOM

Amen.
2387 days ago



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ADD AN EMOTICON

SPELL CHECK

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