



Body Trust Community Values

Anti-oppression: We work to divest from white supremacy, patriarchy, diet culture, fatphobia, ableism, healthism, genderphobia, ageism. We hold systems as opposed to individual people responsible for the negative impact of these constructs. As advocates and providers, we practice awareness of our positionality and the inherent power imbued to us in our roles. We actively work in support of changing systems and institutions.

Collaboration: We retain a spirit that we are in this together, knowing that much of the change we fight for may happen after our lifetimes. We trust in the work of one another, knowing we can center our own needs and care because the collective will always be at work. We remain aware of the ways scarcity and competition diminish trust and opportunities for meaningful collaboration.

Community: We strive to create a community culture that values relationships, collective care, connection, and accountability above competition and professionalism. We work together to create access to Body Trust events, gatherings and healing spaces that include the specific and varied needs of diverse populations.

Liberation: We work to center the experiences of the most marginalized and targeted bodies, knowing this is truly what generates liberation. Body Trust work seeks to remove the problem focus from the bodies of people and return the onus to trauma and oppression. We trust in the knowing and lived experience of the people we know and work with, believing that their efforts to cope and survive have been rooted in wisdom.

Conflict: We value conflict and seek generative and productive processes to understand and consider change. We engage in repair processes when possible. We value relationship driven resolution and believe that we all mess up and we all need to practice ways to take feedback and stay in relationship with each other.

Process: We believe healing has its own momentum and we recognize how we, as advocates and providers, are also immersed in our own unlearning and healing process. We center healing over health. As a community, we understand life is messy and complicated, and that our access to embodiment and the spirit of Body Trust waxes and wanes over time. We accept this as meaningful and human, and center process above outcomes and goals.