

# Ban the F Word Printable Banner

## What you'll need:

- Printer Paper
- Something to write with (pens, markers, etc.)
- A smartphone/camera and a social media account (Twitter, Instagram, Facebook, etc.)
- Your creativity and passion for the cause!

## Instructions:

- Print off this page.
- Cut on the dotted lines to create your banner.
- On the banner, write down any words that describe you (examples: Strong, Courageous, Brave, etc.)
- Snap a photo of yourself with your banner and post it to social media using the hashtag #BantheFWord.

## Here are some descriptive words to get you started:

- |              |              |               |              |            |                 |
|--------------|--------------|---------------|--------------|------------|-----------------|
| • Ambitious  | • Fabulous   | • Kind        | • Proud      | • Unique   | • An advocate   |
| • Brave      | • Great      | • Loud        | • Quizzical  | • Valuable | • A friend      |
| • Courageous | • Helpful    | • Magnificent | • Remarkable | • Witty    | • A supporter   |
| • Determined | • Invincible | • Nice        | • Strong     | • Youthful | • An OAC member |
| • Energetic  | • Joyful     | • Optimistic  | • Tough      | • Zany     | • A fighter     |

Keep a copy of your banner in your room, office, etc. as a reminder to ban fat-shaming & weight bias!

I'm more than **ONE WORD**  
I am...

Show others you're more than a word. Join the fight to #BANTHEFWORD

The F Word : Fat-shaming