

Hi everyone, this is Tasha Fierce. I'm back with the final installment—for now—of Ask a Fat Girl. This will be a short one, not too many questions were left.

Question #1:

If someone were teaching a course about Sizism, what would you suggest they teach about?

I would definitely suggest that they use important fat acceptance books like Fat?So! by Marilyn Wann, Bodies Out of Bounds: Fatness and Transgression, edited by Jana Evans Braziel and Kathleen LeBesco, The Fat Studies Reader, edited by Esther Rothblum and Sondra Solovay, Big Big Love by Hanne Blank and Notes From the Fat-o-Sphere by Marianne Kirby and Kate Harding. I think there's more than enough material in those books to structure a class around.

Okay, question #2:

my bf has always been pretty fit and thin but after we started going out I've noticed that he stopped caring about his physique..he recently made a suggestive comment that "it's not that you would mind"...how do I deal with that?

Um, so you DO mind? You realize this is a fat positive column, right? Are you saying that because you are fat that he's insinuating that since you are, you wouldn't mind? If that's the case, is it wrong to make that assumption? I would assume if you're interested in fat acceptance, an uptick in your partner's weight wouldn't bother you a bit. I'm not sure what you're trying to get at here, so if you have more information that would shed some light on your intentions, please feel free to leave another question. Okay? Cool.

Question #3:

I just got my 1st bf and we recently started fooling around, it feels great...but I feel so self conscience that I keep my clothes on. I have fat rolls, dark hair and stretch marks all over...staring at the mirror makes it worse. Also, it's my first time

Well, if this guy is serious about liking you (and I know it's your first boyfriend and you're probably young, so this relationship probably won't be your last), I would assume he finds you attractive and is interested in your personality. So if that's the case, you don't have to rush and take off your clothes with him if you're not comfortable enough to trust that he's not going to be turned off if you remove your clothes. Of course if he is, don't get down on yourself like it's your problem because it most certainly isn't. If he feels that way--and I know EVERYONE says this but it is true—he's not worth your time. So feel out the situation and get a vibe for this guy's body politics.

Question #4:

WHEN ARE YOU GOING TO ANSWER THESE QUESTIONS?? IT'S BEEN AT LEAST TWO WEEKS!

I'm doing it! See? Thanks for the concern, though.

Question #5:

"Some days, I talk to myself like all fricking day keeping my thoughts positive and weeding out the negative self-talk" I'm very curious as to what you tell yourself and other strategies you employ to boost your confidence: both sexytimes-related and not

Hmm.. what do I tell myself? It depends on the particular kind of internal hater I'm dealing with at any particular moment. If I'm feeling unattractive, I remind myself that I'm beautiful as I am and then I try to do something that makes me feel good about my appearance like, say, painting my nails. Anything that gets you out of your negative headspace and into a space where you're enjoying your body helps. Relating to "sexytimes", I just try to silence any hating on myself going on and just give in to pleasure. Really, the time for shame is AFTER you have sex. Nah, I'm kidding. Anyway, everyone has to find their own methods of self-talk because what works for one person doesn't always fly with another.

And finally, question #6:

This isn't about sex, but I'm asking anyway. What is a good fat positive way to respond to "compliments" that you have lost weight? This happens to me occasionally, and I don't want to be rude but I also don't want to encourage congratulations when my (or

Okay, this is unfinished but I'm going to answer it as it is. One of my favorite things to say when someone says "Oh, you've lost weight!" is "I know, isn't it awful?". It's kind of a cheeky way to throw them off their balance and allows you to explain that you don't really see that as a compliment. Of course, that depends on the level of engagement you want to have with the person. For me, if it's just some person off the street or an acquaintance, I'll just give them a weak "thanks" because it can get tiring to have to educate every bozo who comments on your weight loss and if you don't really have any investment in them, a lot of the time it's like, what's the point. But good for you for recognizing that those actually aren't really compliments, they're more like insults made against a fatter you.

Well, that wraps up all the questions we have left in the queue. When it fills up some more, we'll have another session, but for now we'll be focusing on actual writing rather than advice column-ing. Or something like that.

Have a happy Tuesday and I will see you back tomorrow! Bye.