



feedists for fat liberation

Glossary

Bloating: The act of intentionally filling one's stomach with gas, liquid, or a combination (Mentos, Coke, etc.). The goal is the physical sensation and/or visible effect. This can be done alone or with a partner. This is closely related to inflating.

Exhibitionism: The practice of deliberately drawing attention to oneself.

Fat Admirer (FA): is an older term to describe someone who is attracted to larger people. They are not necessarily feeders, feedees or 'fat fetishists', and can simply have a sexual preference for larger people. Fat admirers can be attracted to larger people of various sizes, depending on personal preference.

Fat Liberation: Fat liberation is a social justice movement that works against anti-fat bias, oppression, and discrimination. Fat liberation is a radical alternative to body positivity – a movement based largely in appearance that is often appropriated by the mainstream – and affirms the value of all people, regardless of their weight or health. Fat liberation understands anti-fat bias and discrimination to have strong roots in anti-Black racism, colonialism, and classism, and that anti-fat bias and discrimination are routinely practiced without recrimination. Fat liberation seeks to identify and alleviate systemic anti-fat bias and individual prejudice, and to unlearn internalized fat bias and oppression. Fat liberation is a struggle tied to other intersectional struggles against oppression, and stands shoulder-to-shoulder with struggles against racism, misogyny, homophobia, transphobia, ageism, ableism, and others. Fat liberation not only seeks to normalize fat bodies, but to celebrate them.

Feedee: Someone who enjoys being fed or being encouraged to gain weight by another person (i.e., their partner) within a consenting relationship. Feedees can be any size and any gender. Some feedees enjoy actively gaining weight, whilst for others it is simply an unintentional byproduct of their enjoyment of being fed.

Feeder: Someone who enjoys enabling weight gain in another person (i.e., their partner) within a consenting relationship. This may be through direct acts of feeding or encouragement. Feeders can be of any size and any gender.

FFL: Feedists for Fat Liberation

Feedism: !Not feederism! Feedism is a sexual interest in being fed or feeding, often extending to an interest in weight gain and fat. It manifests or is practiced as a fetish, orientation, or lifestyle. Feedists often take on roles as feeders (encouraging and aiding weight gain) and feedees (gaining weight and being fed). This can be practiced as a reality or fantasy within relationships, casually, online, or by oneself. Many feedists are able to identify an early interest in feedism long before understanding sex, while many others are introduced to the concept as adults. For some, feedism is part of their sexual identity, while for others, it's a fun way to enjoy kinky play. Feedism can incorporate aspects of other kinks and be incorporated into other kink play as well. Gender roles are not important within feedism, but there's a strong emphasis within the community that weight gain and other sexual activity must always be consensual.

The purpose of using feedism NOT feederism is to emphasize a more equitable dynamic, one that does not only center the feeder.

Force feeding: When someone consents to being forced to eat more food than they would normally choose to eat, sometimes to the point of discomfort or pain, for sexual gratification of both the feeder and the feedee.

Mutual Gaining: A practice of two or more partners helping each other gain weight and enjoying the growth of each other, each partner dynamically shifting or taking on multiple rolls of feeder, feedee, or FA as wanted.

Padding: The activity of using materials such as cushions, pillows and layers of clothing to simulate the physical appearance of fatness, and size contrast. It can be used by participants of any size in addition to or in place of actual weight gain as feedist arousal play.

Pregnancy: A pregnancy fetish is a sexual kink which focuses on the sexual attractiveness of pregnant people. The focus of the kink can vary from actions such as breast lactation, impregnation and childbirth to the more overt physical changes that a pregnant person's body undergoes. For feedists, there is significant overlap with the idea of weight gain and the changes in a person's body shape as she goes through the stages of pregnancy. These can also be arousing for the person who gets pregnant. This sometimes also overlaps with the breeding kink.

Squashing: The consensual practice of sitting or lying on top of someone for the pleasure of one or both parties.

Stuffing: Eating large amounts of food to the point of intense fullness or pain (if desired). This can be done with or without the intention of weight gain. This activity can be done alone or with a partner

Voyeurism: The derivation of satisfaction by watching or following sensational or sordid subjects.