The
Kelli & Kat Test

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Definition: The Kelli and Kat Test is a media litmus test designed to determine whether a piece of media has provided the audience with thoughtful representation of fat [Black] women and/or non-men. This test is named after Kelli Prenny (*Insecure*) and Kat Hernandez (*Euphoria*)—both of whom were subject to fatphobic treatment on their respective shows. Fatphobia is an aversion, hostility or disdain for fatness or fat people.

Instructions: Add points in accordance with the following elements of The Kelli and Kat Test. The lowest number of points a piece of media can acquire is 0, while the highest number of points is 12.

The character in question:

1. Will be IMMEDIATELY disqualified if they are merely a skinny/thin actor in a fat suit.

No point is awarded for this. This is the bare minimum.

2. Must have their own character arc. (1 point)

This character should have a story that contributes to the film/piece of media's overall narrative. If they do not, this point will be **lost**.

3. Must not be included in the narrative to merely support a skinny and/or light-skinned character's arc. (1 point)

Fatphobic tropes, where Blackness is specifically concerned, usually go hand-in-hand with colorism (see: the ghetto/loud fat, the hypersexual fat, the mammy and/or the sexless fat, etc). The idea is to, whether consciously or "unconsciously", make the character undesirable, belligerent, unintelligent, antagonistic, unlikeable/unlovable, etc, etc.

If any of the above applies and/or this character only materializes to support a light-skinned and/or skinny character (particularly if this character is the lead) when they need help (usually in the form of emotional support) **and nothing else**, this point will be **lost**.

4. Must not be referred to as big-boned, voluptuous, curvy, fluffy, husky, plus-sized, or thick at any point in the narrative. (1 point)

Fat is not a dirty word. And if this character (or other characters around them) dances around the word as if it is, this point will be **lost**.

The only exception, regarding words like "plus-sized" or "curvy", is if this character (or other characters around them) is referring to clothing.

5. Must not be easily dismissed as a common fatphobic and/or colorist trope. (1 point)

Tropes are not inherently discouraged. That said, if this character is merely a fatphobic trope or is comprised of several fatphobic tropes in a trench coat and a hat, this point will be **lost**.

Common fatphobic [and/or colorist] tropes include:

- **The Mammy and/or The Sexless Fat**
- **The Funny Fat and/or The Fat Comic Relief**
- **The DUFF (Designated Ugly Fat Friend)**
- **The Loud/Ghetto Fat**
- **The Hypersexual Fat**
- **The Good Fatty**
- **The Bitchy Former Fat**
- **The Former Fit**
- **The Fat Idiot**
- **The Fat Slob/The Fat Bum**
- **The Fat Best Friend**
- **The Fat Villain/Fat Bastard**
- **The Fat Sweaty Southerner in a White Suit**
- **The Invulnerable Fat**
- **The Chubby Chaser**

6. Should have at least one romantic interest if it is relevant to the piece of media's overall narrative. (1 point)

If the piece of media revolves around romantic relationships or deals with the subject of romance in some capacity, this character in question must have at least **one** romantic interest in the narrative. If they do not, this point will be **lost**.

If this is desperate to be in a romantic relationship, this point will be **lost**.

If this character is paired with a thin/skinny/fit partner and the narrative goes out of its way to subsequently hone in on their size difference, this point will be **lost**.

The only exception is if this character is asexual and/or aromantic and this has been noted in the narrative. But beware of writing this character into mammy/sexless fat territory.

7. Must have at least one interaction with another fat person. (1 point)

This is to prevent the tokenization of fat characters, particularly if they are part of a group that is made up of entirely thin/skinny people, save for themselves. The interaction with this second fat character does not have to be "nice" or "polite", but this point will automatically be **lost** if the only thing these characters talk about is being fat.

A bonus point will be awarded if the second character is not of familial/blood relation. **(1 point)**

8. Must not be subject to fetishization. (1 point)

Occasionally, in an effort to "combat" fatphobia in certain media, writers/creators will replace typical fat hate with fetishization. This usually takes the form of a cishet man "pursuing" fat women or as some like to refer to us, "BBWs" (read: "big beautiful women" or "big Black women") exclusively for sex.

This also includes the oversexualization of fat women (re: the hypersexual fat) as an overcorrection in response to tropes like the mammy. Additionally, fetishization can look like fat women being portrayed as overly subservient (with the acknowledgment that they are still sexual).

If any of the above applies, this point will be **lost**.

9. Must show no hyperfixations when it comes to food and/or exercise. (1 point)

There is nothing inherently wrong with enjoying food and/or exercise. The problem enters the room when said character in question is:

      A. written as gluttonous.
      B. written as if they will never eat a single piece of food again.
      C. written as living in the gym (see: "gym rat").
      D. written with the _sole_ mission of their entire narrative being to lose weight
      E. given a marathon-related storyline that is out of character for them.

If any of the above apply, this point will be **lost**.

10. Must have access to adequate styling. (1 point)

Oftentimes, fat characters (particularly if they are women), will be styled in [extra large] clothes that intentionally obscure or hide their bodies.

The only exception is if the writer/creator goes to great lengths to show that this is in fact the fat person's style. But if they cannot sufficiently execute this exception, then this point will be **lost.**

11. Must have at least one supportive parent/parental figure. (1 point)

Sometimes, in certain media, a fat character will be shown as having unsupportive parents who either completely opt out of acknowledging their fatness (thinking they're being progressive by doing so; similar to the concept of racial color blindness) or exacerbate the amount of fatphobia that said character presumably already experiences in their daily life.

More often than not, this unsupportive parent is usually a woman and is either overtly pushing this character to lose weight/become thinner or skinner; or makes passive-aggressive comments with the same intentions.

If any of the above applies, then this point will be **lost.**

12. Must have at least 5 - 10 minutes of dialogue in the standard 30-minute episode, 10 - 15 minutes of dialogue in the standard 60-minute episode, or at least a fourth of the total runtime of a film. (1 point)

Fat characters are not window-dressing for thin/skinny people's lives. And their screen time should reflect this. If it does not, this point will be **lost**.

This rule is especially in honor of Kat Hernandez, who possessed no coherent or substantial character arc during the second season of HBO's *Euphoria* (which was a stark contrast in comparison to its first season).

Notes:

As it pertains to criteria number eight, long-term media—which for brevity and clarity here means any piece of media that refers to itself as a "series" or a "trilogy", and/or splits itself into "chapters", "sequels", "prequels, "parts", or "seasons", cannot acquire these points if there is not regular, consistent, and meaningful interaction between different fat [Black] women and/or non-men.

This is doubly applicable to television. Meaningful and sustained interaction must occur throughout all seasons of the show. No exceptions.

Links to Common Fatphobic Tropes:

> **The Mammy and/or The Sexless Fat**
> **The Funny Fat and/or The Fat Comic Relief**
> **The DUFF (Designated Ugly Fat Friend)**
> **The Loud/Ghetto Fat**
> **The Hypersexual Fat**
> **The Good Fatty**
> **The Bitchy Former Fat**
> **The Former Fit**
> **The Fat Idiot**
> **The Fat Slob/The Fat Bum**
> **The Fat Best Friend**
> **The Fat Villain/Fat Bastard**
> **The Fat Sweaty Southerner in a White Suit**
> **The Invulnerable Fat**
> **The Big, Fat Future**
> **The Chubby Chaser**
> **The Fat Episode**
> **Sleep Squashing**
> **Popping Buttons**
> **I'm Big Boned**
> **Does This Make Me Look Fat?**
> **Mistaken For Pregnant**
> **Weight Woe**

Writing should also not include humor around fat characters harming their partners during sex.

Example: "Get on top! If he dies, he dies."

Point System

11 - 12 Points	This film/piece of media contains *marvelous* representation for fat [Black] women and/or non-men.
8 - 10 Points	This film/piece of media contains *credible* representation for fat [Black] women and/or non-men.
5 - 7 Points	This film/piece of media contains *passable* representation for fat [Black] women and/or non-men.
2 - 4 Points	This film/piece of media contains *laughable* representation for fat [Black] women and/or non-men.
0 - 1 Points	This film/piece of media contains **reprehensible** representation for fat [Black] women and/or non-men.