

Body Project Training Evaluation

1. Date(s) of Training Attended **MM/DD/YY**
Date of training _____
2nd Date of Training (if applicable) _____

2. Who was your trainer/s? (check all that apply)
 Staff member from the National Eating Disorders Association (NEDA)
 Other organization/individual (please specify): _____

3. Did you train to be a program facilitator or trainer?
 Facilitator
 Trainer

4. Please rate the quality of the training with 1 being poor and 5 excellent:

	Poor			Excellent	
Training space/room	1	2	3	4	5
Training schedule	1	2	3	4	5
Training leader/s	1	2	3	4	5
Topics covered	1	2	3	4	5
Home exercises	1	2	3	4	5

Comments: _____

5. Did you learn new information in this training?
 Yes
 No

Comments: _____

6. Did the training leader present clearly?
 Yes
 No

Comments: _____

7. Do you plan on facilitating this program in your community?
 Yes
 Undecided
 No

Comments: _____

8. How comfortable are you with your level of understanding of the content in the script?

- Very comfortable
- Comfortable
- Neutral
- Uncomfortable
- Very uncomfortable

Comments: _____

9. Rate the importance of each discussion/exercise:

	Not important	Slightly important	Moderately important	Important	Very important
Learning about the origin and costs of the appearance-ideal					
Writing a letter to a younger girl who is struggling with body image concerns					
Looking at yourself in the mirror and writing down all your positive qualities					
Completing the checklist of appearance-ideal behaviors you engaged in over the last few years (i.e., purchased a fashion magazine)					
Role-playing comebacks to negative body statements					
Writing a letter to someone who made comments about your appearance					
Challenging yourself to do something you don't normally do because of body image concerns					
Engaging activities <u>independently</u> that teach others how to resist or avoid the appearance-ideal					
Engaging in <u>group</u> activities that teach others how to resist or avoid the appearance-ideal					
Writing a letter to your younger self on how to avoid developing body image concerns					
Discussing the benefits of the program and body activism					
Writing about various ways in which the mass media promotes the appearance-ideal					

10. The Body Project asks participants to share thoughts and ideas often. How comfortable do you feel in your ability to engage student participants in lively discussion?

- Very comfortable
- Comfortable
- Neutral
- Uncomfortable
- Very uncomfortable

Comments: _____

11. If you could include another topic or discussion in the program, what would you include?

12. Are there any session exercises (group meeting or home) that concern you? Why?

13. What was the most effective part of the training?

14. What did you like least about the training?

15. How do you expect the girls who participate in the program to respond to the messages and exercises of the Body Project?

- Extremely well
- Well
- Moderately well
- Not well

Comments: _____

16. Has the *Body Project* affected your notions of societal beauty ideals?

- Yes
- Undecided
- No

Comments: _____

17. How do you think the program will change/enhance the lives of the youth participants?

18. Additional comments about the *Body Project* training?

