

THE BODY PROJECT

Participant Evaluation

1. What grade were you in when you participated in the Body Project program?

- 9th grade
- 10th grade
- 11th grade
- 12th grade
- Other (please specify)

2. What is your ethnicity/race?

- Asian / Pacific Islander
- Black or African American
- Hispanic or Latino
- Native American or American Indian
- White
- Other (please specify)

3. What version of the program did you go through?

- four, one-hour sessions
- six, 45-minute sessions
- Other (please specify)

4. Do you feel like the Body Project has had a positive impact on your life?

- Yes
- Somewhat
- No

Comments:

5. As a result of this program, has your body image/confidence improved?

- Yes
- No

Comments:

6. Have you been able to apply some of the lessons from the Body Project in your everyday life?

- Yes
- Somewhat
- No

Comments:

7. Was it easy for you to attend Body Project sessions?

- Yes
- No

If you said "no," please explain, and let us know what would have made it easier for you to attend the sessions:

8. Do you feel like the Body Project program should be mandatory?

Yes

No

Comments:

9. Which discussion or exercise was most helpful?

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 things you don't normally do because of body image concerns

Engaging in 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

Engaging in group activities that teach others how to resist or avoid the appearance-ideal

Other (please specify)

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

11. If there was an extended version of the program (over 6 months to a year), would you have liked to participate?

- Yes
- Undecided
- No

Comments:

12. Was the length of each session:

- Too short
- Just the right amount of time
- Too long

Comments:

13. Were the home exercises:

- Too demanding
- Slightly demanding
- Just right
- Not demanding enough
- Too simple

Comments:

14. Did you complete the home exercises?

- Yes
- No

15. Did you find the home exercises useful?

Yes

No

Please provide any additional comments or recommendations for the home exercise portion of the Body Project that may be helpful

16. Which of the following terms best represents your culture's ideal?

Thin-ideal

Beauty-ideal

Appearance-ideal

Other (please specify)

17. What barriers got in the way of completing the home exercises? (check all that apply)

No barriers

School assignments

Other extra-curricular activities

Lack of reminder

Not enough time

Lack of materials/resources needed to complete exercises

Other (please specify)

18. Was there anything in the program that made you uncomfortable?

Yes

No

If yes, what made you feel uncomfortable? Please note, your answers to this question will remain confidential/anonymous.

19. Would you participate in another body confidence program in the future?

- Yes
- Undecided
- No

Comments:

20. Did you feel like you were able to relate to the facilitators?

- Yes
- No

Comments:

21. Have you done any body activism exercises since completing the Body Project program?

- Yes
- No

If you answered yes, what did you do?

22. Would you recommend this program to a friend?

- Yes
- Undecided
- No

Why or why not?

23. Would you like to share any additional thoughts about the Body Project?

