

# NEEDHAM YOUTH SERVICES

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[www.needhamma.gov/youth/extremelooks](http://www.needhamma.gov/youth/extremelooks)

## EXTREME LOOKS EVALUATION COMPILATION

	<i>Disagree</i>			<i>Agree</i>	
1. I looked forward to group.....	1	2	3	4	5
2. I learned from listening to others.....	1	2	3	4	5
3. The issues discussed will be useful to me in the future..	1	2	3	4	5
4. The group leaders were sensitive to my issues.....	1	2	3	4	5
5. I felt comfortable discussing something personal.....	1	2	3	4	5
6. I felt my ideas and thoughts were respected.....	1	2	3	4	5
7. I think “girls-only” space to talk about the issues we discussed is really important.....	1	2	3	4	5
8. Something I learned or realized about the media during “Extreme Looks” was...					
<ul style="list-style-type: none"> <li>• <b>It’s usually targeted to teens</b></li> <li>• <b>They try to make you feel bad about yourself to get you to buy their products</b></li> <li>• <b>Girls are way too self-conscious</b></li> <li>• <b>People base things off of stereotypes</b></li> <li>• <b>There are a lot of stereotypes in the media (x2)</b></li> <li>• <b>The media can be more harmful to people than I realized</b></li> </ul>					
9. Something I learned or realized about relationships/communication during “Extreme Looks” was...					
<ul style="list-style-type: none"> <li>• <b>I have to be more comfortable</b></li> <li>• <b>You have to be direct about what you feel</b></li> <li>• <b>Sometimes they go sour and it’s hard to let go</b></li> <li>• <b>It’s better to share your thoughts by talking instead of keeping the fire in your stomach forever</b></li> <li>• <b>Good communication is key to a relationship (x2)</b></li> </ul>					

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10. Something I learned or realized about body image/self-esteem during “Extreme Looks” was...

- **Love yourself (x2)**
- **You shouldn’t worry so much about it**
- **I am beautiful no matter what!**
- **Models can be “edited”**
- **A lot of people have the wrong idea about what a “good” body image is because of the media**

11. Something I liked about “Extreme Looks” was...

- **Everything**
- **The negative/positive activity (x2)**
- **The activities – boot camp mostly**
- **The exercise**
- **The question ball**

12. Something I did not like about “Extreme Looks” was...

- **Writing activities**
- **It was really cold**
- **Worksheets**
- **The sitting around listening**
- **When we had to cut the activities short because there wasn’t enough time**

13. My thoughts on being female in today’s world are...

- **Stand up for yourself!**
- **Same as before**
- **You don’t need to be perfect**
- **There are more ups than downs**
- **It’s hard but doable**
- **It can be hard but it’s getting better**

14. Any suggestions for improving “Extreme Looks”?

- **Swimming (for exercise activity)**
- **None! It was great (x4)**
- **Fewer worksheets**

