



# Just Be You Girl

## Book Club

### Evaluation and Feedback

1. I would recommend this Club to others

Strongly Agree ☐ Agree ☐ No Change ☐ Disagree ☐ Strongly Disagree ☐

2. I have a better understanding of how Marketing & Advertising can affect a girl's self-esteem

Strongly Agree ☐ Agree ☐ No Change ☐ Disagree ☐ Strongly Disagree ☐

3. I found the tips and suggestions offered in the Club/Book helpful

Strongly Agree ☐ Agree ☐ No Change ☐ Disagree ☐ Strongly Disagree ☐

4. I have a better understanding of where some of my feelings may be coming from

Strongly Agree ☐ Agree ☐ No Change ☐ Disagree ☐ Strongly Disagree ☐

5. I will be more aware of the negative messages I give myself (my self-talk)

Strongly Agree ☐ Agree ☐ No Change ☐ Disagree ☐ Strongly Disagree ☐

6. I have a better understanding of why it is so important to work on a positive self-esteem

Strongly Agree ☐ Agree ☐ No Change ☐ Disagree ☐ Strongly Disagree ☐

7. I have a new understanding of how technology and media can affect a girl's self-esteem

Strongly Agree ☐ Agree ☐ No Change ☐ Disagree ☐ Strongly Disagree ☐

8. I will practice talking more positively to myself

Strongly Agree ☐ Agree ☐ No Change ☐ Disagree ☐ Strongly Disagree ☐

9. My view of 'what is beautiful' has widened

Strongly Agree ☐ Agree ☐ No Change ☐ Disagree ☐ Strongly Disagree ☐

10. I feel more confident with myself

Strongly Agree ☐ Agree ☐ No Change ☐ Disagree ☐ Strongly Disagree ☐

[illegible]