

Please circle the number that best represents your answer to the statement

The activities on being “body positive” helped me change my thoughts and attitudes about my body.

Don’t Agree at all Agree Somewhat Strongly Agree

1 2 3 4 5 6 7 8 9 10

The activities on being “body positive” were NOT useful or helpful for me

Strongly Agree Agree Somewhat Strongly Disagree

1 2 3 4 5 6 7 8 9 10

Please answer yes or no by checking the statement that’s true for you.

The activities on being “body positive” were triggering for me, and I need to talk with someone.

Yes, I need to talk with someone.

Yes, it was triggering but I don’t need to talk with anyone.

No, it wasn’t triggering, and I don’t need to talk with anyone.

Overall, the activities on being “body positive” helped me rethink my self-image and was useful for me.

Don’t Agree at all Agree Somewhat Strongly Agree

1 2 3 4 5 6 7 8 9 10

Please also share any additional thoughts you think would be useful for teachers and counselors to know and understand.