



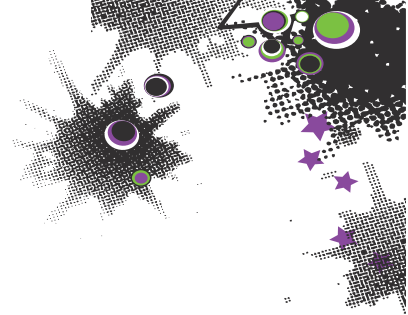
Inspire for Girls

IN-SCHOOL WORKSHOPS FOR ADOLESCENT GIRLS

STUDENT FEEDBACK

MARIAN COLLEGE

YEAR 7s – WEDNESDAY 11TH JUNE 2014



Dear Jenny-May, Dan and Staff,

Thank you very much for allowing us the privilege of working with your gorgeous year 7 girls today. What a wonderful group of girls they are and I was absolutely thrilled with how much they engaged with the workshops and with me as their presenter.

The day was a great success and you should be very proud of how well you coordinated the day for your girls. It went so smoothly and is due largely to all your efforts to make it the success it was.

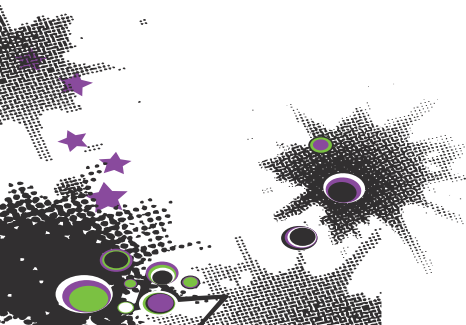
You will find the following pages are comprised of statistics and comments from the girls about their day with Inspire and we hope that you enjoy reading them as much as we did.

Again, many thanks for entrusting us with your girls. We look forward to working with them again and wish them all the very best for their future.

Happy reading

Kindest regards

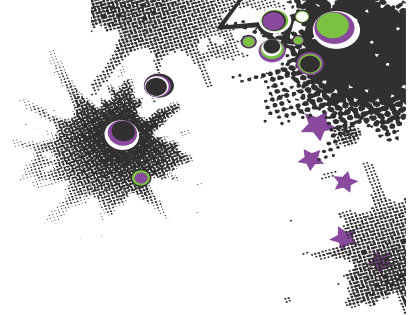
Jane (aka Sparkles), Nikki and the Inspire For Girls Team





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110 girls responded to the evaluations.
We have recorded their responses in both numbers and percentages.

Workshops	Poor	Good	Very Good	Excellent	% of Very Good and Excellent
You-nique		3 3%	25 23%	82 75%	107 97%
Chillax	1 1%	3 3%	17 21%	89 81%	106 96%
Let's Be Friends		2 2%	18 16%	90 82%	108 98%
I Am Not a Label		6 5%	15 14%	89 81%	104 95%

99%!!! of the girls said they learnt things that would help them in their life and that they would recommend the program to other girls

Girls comments

- It was fun and I learnt everything and not to put myself down and to believe in myself – I am proud of who I am – Thanks for teaching me about believing in myself - Tanya
- I loved everything about the workshops – I learnt everyone is beautiful and unique and not every model is real – Thank you I ❤️ it and will remember Emile ❤️ ❤️
- I learnt about Photoshop, stress and friendships – Never let anyone dull your sparkle – Tiana
- I loved everything and I love you Sparkles – I learnt we are all different, love yourself and you are unique – Gauri
- It helped me to understand me – I learnt I'm real, I'm perfect and I am accepted for who I am (card) – Stay fabulous because you are awesome – Monique



- I loved it and it was very fun and I learnt a lot – Thank you – I learnt we are all different, we can always release our stress and we are all unique – Kristy
- The gifts and the inspiration I loved – I learnt to be yourself, you are amazing just the way you are and everyone is unique – Thank you for today and you're fabulous 😊 ❤️ Edom (?)
- I loved SPARKLES she was so amazing and understanding and awesome – I learnt that I am good enough, real girls are perfect and we all belong somewhere – Sparkles you were amazing in every way – You added so much sparkles to my life – Celene
- I loved the girl power! – I learnt accepting my body is okay, my personality makes me unique and I am special – Thank you so much for helping me take a step further to accepting myself – You opened my eyes and made me feel special – Francisca
- I loved how we all got to connect with each other and that we are perfect in our own way – I learnt I am enough, I am loved and I am beautiful – You have loved me and shown me I am perfect –Geranium
- I loved that we were all involved, THEY WERE FUN AND I LOVED IT!!! I learnt the negative comments about yourself are not true, you shall love yourself and I AM NOT A LABEL – OMG THIS WAS THE BEST IT WAS SO FUN AND RELAXING AND I ❤️ IT! – Rialine
- I loved that we worked together as a team – I learnt everyone is the same, to care about one another and we are all important – Thank you for coming today you are A for awesome and you're the best – Take care – Cecilia
- The workshops encourage girls to be who they are – I learnt to be who you are, don't compare yourself to others and you are beautiful just the way you are – I love you so much Sparkles! Please come back and teach us more – Be blessed – Sarah ❤️
- It was fun and let me love myself – Please come again and never let anyone dull your sparkle – Tina
- I loved how she was kind to all of us – I learnt you should always be yourself, don't try and be like someone else and you're perfect the way you are – Asoralu
- You are inspiration to girls all around the world – Anon
- It was one of the best workshops! I had a lot of fun and we had treats and I learnt a lot today 😊 - Phurong



- I loved that we could open up and learnt more about each other 😊 Thanks Sparkles – I learnt that I am not a label, to be myself because everyone else is taken and I am perfect just the way I am – Thank you Sparkles you have taught me to accept myself for who I am xx ❤️ Bianca
- I love you – You are so nice and inspiring and you made me feel amazing in so many ways Charlene
- This workshop encourages children to love themselves and care about others – Thank you for coming here to help years 7s love each other and love our appearance – Kathy
- It taught me a lot about friendships and to believe in myself – You have taught me a lot about living my life – WE ARE INSPIRE GIRLS – Destiny
- I will always remember what you said – Tahlia
- I loved that we were able to interact with each other and weren't always sitting and listening – I learnt media shouldn't define your image, imperfections make us human and real and just because you are going through a tough time it doesn't mean it is your fault – Thank you for your help and inspiration – Eliza ❤️
- Thank you for making me feel pretty and I am thankful for your help and support – Nikki
- It was a very fun day and very funny – we will miss you heaps – Monique
- I think the workshops were really inspirational and lots of fun – I learnt a lot and loved everything about it – I learnt I am great the way I am and I don't need to change my appearance, to be confident and remember that there may be ups and downs in friendships but in the end of the day they are the friends you treasure – You're amazing and really inspirational and funny! Its been one of the best days of school because of you – Louisa
- I loved that they let us think positive and you guys are awesome – Anh
- Keep inspiring girls because you are fab and changed my life! I loved how enthusiastic Jane was she made me laugh a lot also I loved how interactive the day was – Steffani
- I learnt I am worthy, to be optimistic and not to compare myself to girls in the media because they aren't real – I hope you continue to do what you do! It helped a lot! Thank you for inspiring me and making me feel loved and worthy – thank you soooo much – Lidia



- It was so much fun – I learnt what are good friends and bad, that someone loves me and girls are the best – Thank you Sparkles – Re
- I loved non-biased feminism – I learnt people love me and I wouldn't recommend this program to other girls as I already knew these things – You're a great person – Aylin
- I loved all the things I learnt and I'll bring them with me – I learnt its good to be yourself, its ok to have flaws and relax and chill out – thanks for teaching me things ill remember 4 EVER. I ❤️ U and you have definitely inspired me xox – Charmaine
- I loved that I feel good about myself and has taught me valuable lessons – Real girls aren't perfect and perfect girls aren't real, everyone is their unique self and don't compare yourself with the models on magazines because they're just photo shopped and for once in my life someone has called be beautiful (which was you) Thank you so much! - Elisha
- All the workshops inspired me to be who I am! Thank you for such a great day. You're enjoyable and warm hearted - Salome
- I ❤️ U – YOU'RE CUTE, LIGHT UP THE ROOM AND MY 2ND MUM – Anon
- It has so many activities and I loved it – I learnt don't be negative and I love you and I will never forget your sparkly mood. I wish I can see you every day [sic] – Lisa
- I loved it when we wrote what we saw in the mirror – I learnt I am not perfect and will never be but that's what makes me great, I shouldn't worry because my body isn't skinny and I learnt to take a breath and move forward – Thank you so much for coming the really meant a lot xoxox – Manjury
- It helped me overcome bad thoughts – I learnt that people were being photo shopped, that everyone else is unique and accepts you and that bullies put their anger onto others – keep doing what you are doing because of you I am friends with someone I had an argument with – Sarah
- I loved the fact that Sparkles supported us and let us know we are all normal and all special I loved the facts that we did activities that let us know more about ourselves ❤️ You are amazing and so friendly and inspiring – Thank you for making me feel so special – I LOVE YOU SPARKLES – Linh

Many thanks

xx Sparkles and Nikki xx

