



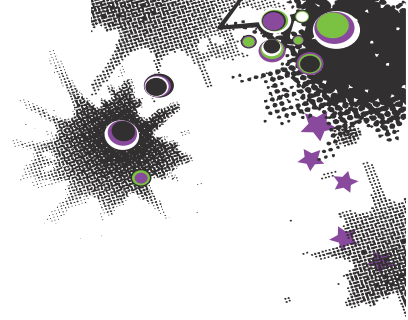
Inspire for Girls

IN-SCHOOL WORKSHOPS FOR ADOLESCENT GIRLS

STUDENT FEEDBACK

ST PETERS GIRLS – YEAR 8s

MONDAY 20th OCTOBER 2014



Dear Richard and Staff,

Thank you very much for allowing us the privilege of working with your gorgeous year 8 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.

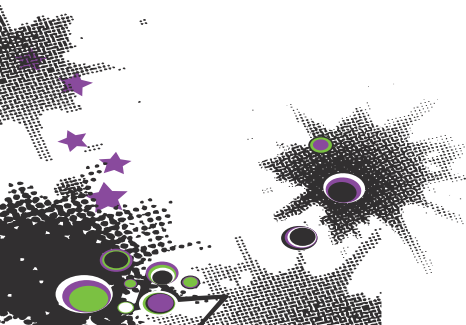
You will find the following pages are comprised of statistics and comments from the girls about their day with Inspire and we hope that you enjoy reading them as much as we did.

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

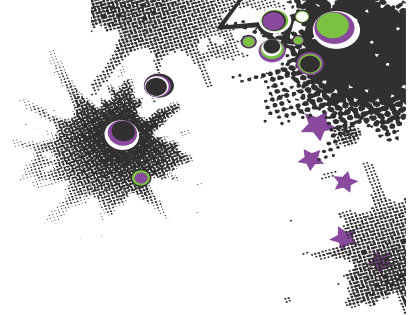
Jane (aka Sparkles), Nadia and the Inspire For Girls Team





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75 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		6 8%	16 21%	53 71%	69 92%
Let' s Be Friends		1 1%	12 16%	62 83%	74 99%
Boys, Boys, Boys		2 3%	15 20%	58 77%	73 97%
I Am Not a Label	1 1%	1 1%	11 15%	62 82%	73 97%

100%!!! 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 a fun and energetic day with many sparkles and interactive activities- I learnt I am beautiful and my appearance doesn't matter, be true to myself and I can achieve anything I want - Georgie
- I thought the workshop addresses real and relevant issues- I learnt about healthy/poor relationships, be positive and magazines and other images are mostly false -Charlene
- I really enjoyed the activities involved and to love ourselves. I learnt to accept who I am, you are perfect in your own way and don't try to be someone else - Thanks for making me feel good about myself - Maddy
- I loved everything about the workshop, I wish every girl could experience learning from Sparkles. – I learnt I am smart and special, my body appearance doesn't affect my mind and heart, Sparkles is just as awesome as last year.- Sara



- It helped us with friendships and gave us the opportunity to tell everyone how much we all love each other. – I learnt how much we all respect each other, boys don't have power over us and to love yourself as who you are. – I hope to see you next year.- Amy
- I loved having a relaxing day but I also love how supportive Sparkles is. - I learnt if it's not a nice comment to zip it, don't follow the stereotypes and photo shop is everywhere. – I love having you here because you make everyone laugh, you're spunky, we can relate to you and you are just amazing. – Emma
- I love how the workshop involved everyone, made people feel loved and tackled serious issues in fun ways. – I learnt magazines are photo shopped, the girls in our grade who appear so confident have insecurities and it's ok to own your beauty. –Thank you Sparkles for taking the time to care and love us and give us your full confidence in our life success. – Lucy
-
- I loved the enthusiasm and the real life lessons and the way it was delivered in such a fun way. – I learnt that it is important to respect everyone, perfection isn't reality, we should love and respect everyone. – I enjoyed both workshops you've done with us, so much that I still have the last gift you gave me in 2013.
- The workshops made me realise that I am special and that I shouldn't put myself down. – I learnt that I should be myself and not try to be others, Sparkles is the most awesome person on earth, that my friends care for me and I am a lucky girl. – Sparkles you inspire me so much and give me so much confidence about myself. I will never forget this day, you have lightened up my life. – Laura
- The workshop made me feel better about myself and helped me understand what I never knew. – I learnt that I can be myself and look great even with flaws, that Sparkles is the best, the let's be friends was great, it let me know I am loved. – Thank you so much you are amazing and beautiful. – Ruby
- I loved spending time with such a happy positive person. – I learnt you are your own worst critic, perfect doesn't exist and all magazines are photo shopped. – It didn't help me personally but would recommend for other girls. – Thanks for such an enjoyable day!
- I loved how Sparkles kept telling us we were beautiful and then taught us about how the media photo shops photos so they look much different. – Grace



- It was in an open, fun environment so we could easily share our thoughts. – I learnt don't listen to what everybody says about you, you are you, the expectations on perfect in today's society are not ever true. – Thank you so much for coming today I really love your workshops - Sophie
- The workshops were inspirational and informative. It was good to know that other people think similarly to me. – I learnt you are unique and that is good, be who you are, not who everyone wants you to be, boys don't define you. – You have an amazing way of making girls truly believe they are worth something. Thank you – Bethany
- I love everything about the workshops. - Sparkles enthusiasm, the confidence and ability to express yourself, the encouragement of self confidence. – I learnt it doesn't matter what others think, I can do whatever I set my mind to, I am awesome. – You are amazing and a great role model for girls. I love your self confidence. Thank you and please come back next year. – Georgia
- I loved all the positive messages that we discussed with Sparkles. – I learnt we can achieve anything we set our minds to, perfect girls aren't real and real girls aren't perfect, everyone is beautiful in their own way and unique. – Thank you Sparkles for giving us such an inspiring and beautiful day where I learnt a lot. I love Sparkles. - Anna
- I loved everything about the workshops it was a great learning experience, I have learnt lots. – I learnt to love myself no matter what, how to deal with boys, people actually like me. –I love you Sparkles, please come back next year, actually I mean tomorrow. I've learnt so much. Thanks. – Cheryl
- Learning about lots of different things such as friendships and Sparkles. So pretty much everything. –I learnt leave boys who take control of you, blame you etc, you are beautiful no matter what, trust friends who would fight for you. – Thank you very much for everything it has been very interesting and I love being around you. – Emma
- I loved that the facts and information was spread in an engaging way, not just with graphs and statistics. – I learnt I am special, I have a strange attachment to things that sparkle and Sparkles is awesome. – Thank you. – Dominique
- I learnt boys hurting girls is not okay! To look in the mirror and say I am beautiful and all my friends love me for me. – Cate

