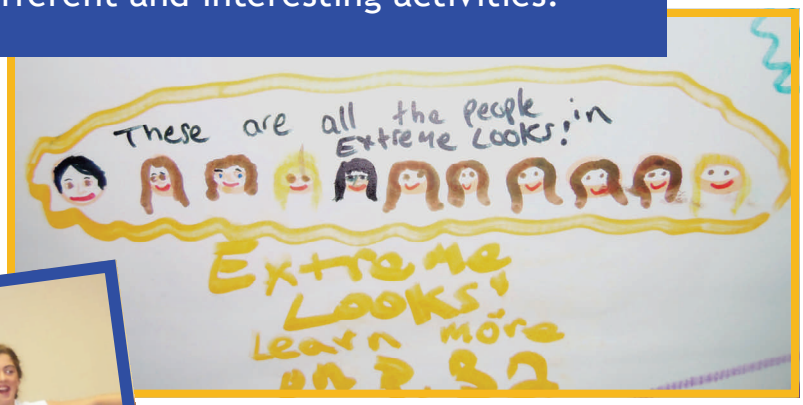
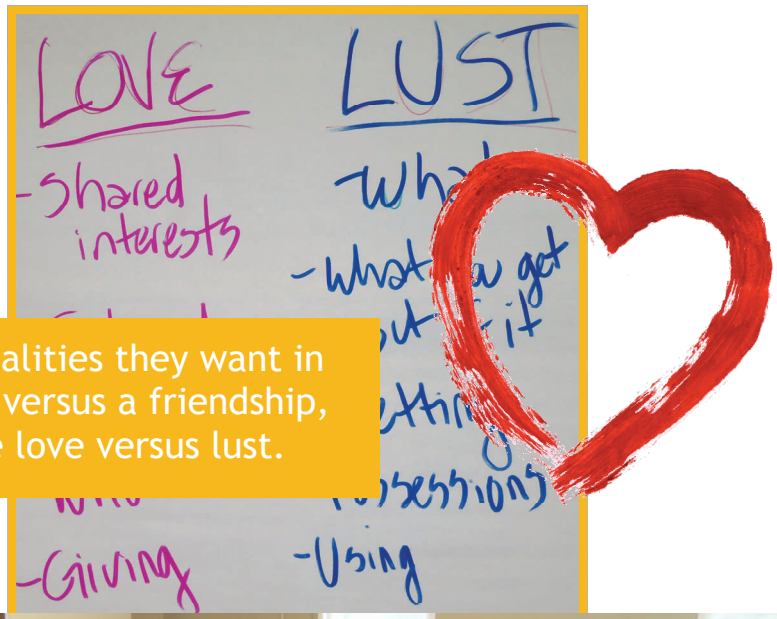
Extreme Looks

2012

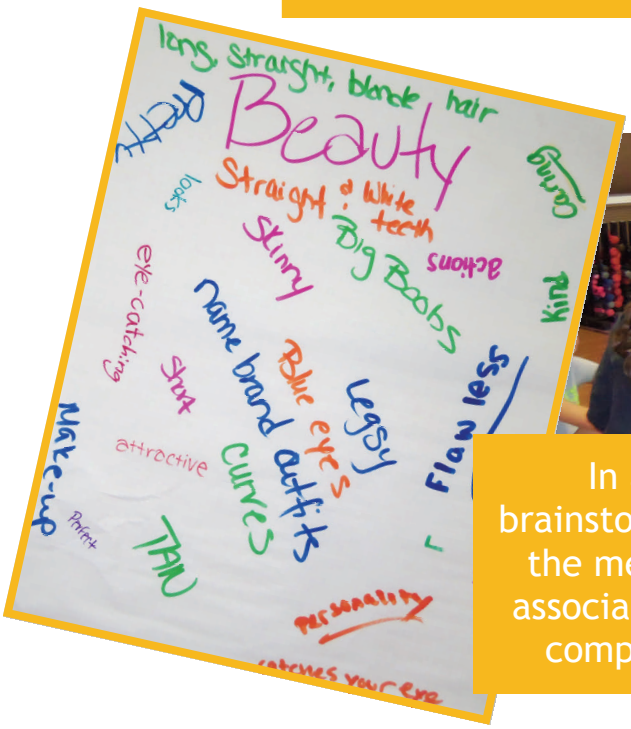
During the four-day program, participants engaged in many different and interesting activities.



The participants learned about healthy and unhealthy relationships, body image, and self-esteem.



They discussed what qualities they want in a romantic relationship versus a friendship, and how to recognize love versus lust.



In another activity, the girls brainstormed words and concepts that the media and society traditionally associate with beauty and how these compared with their own values.

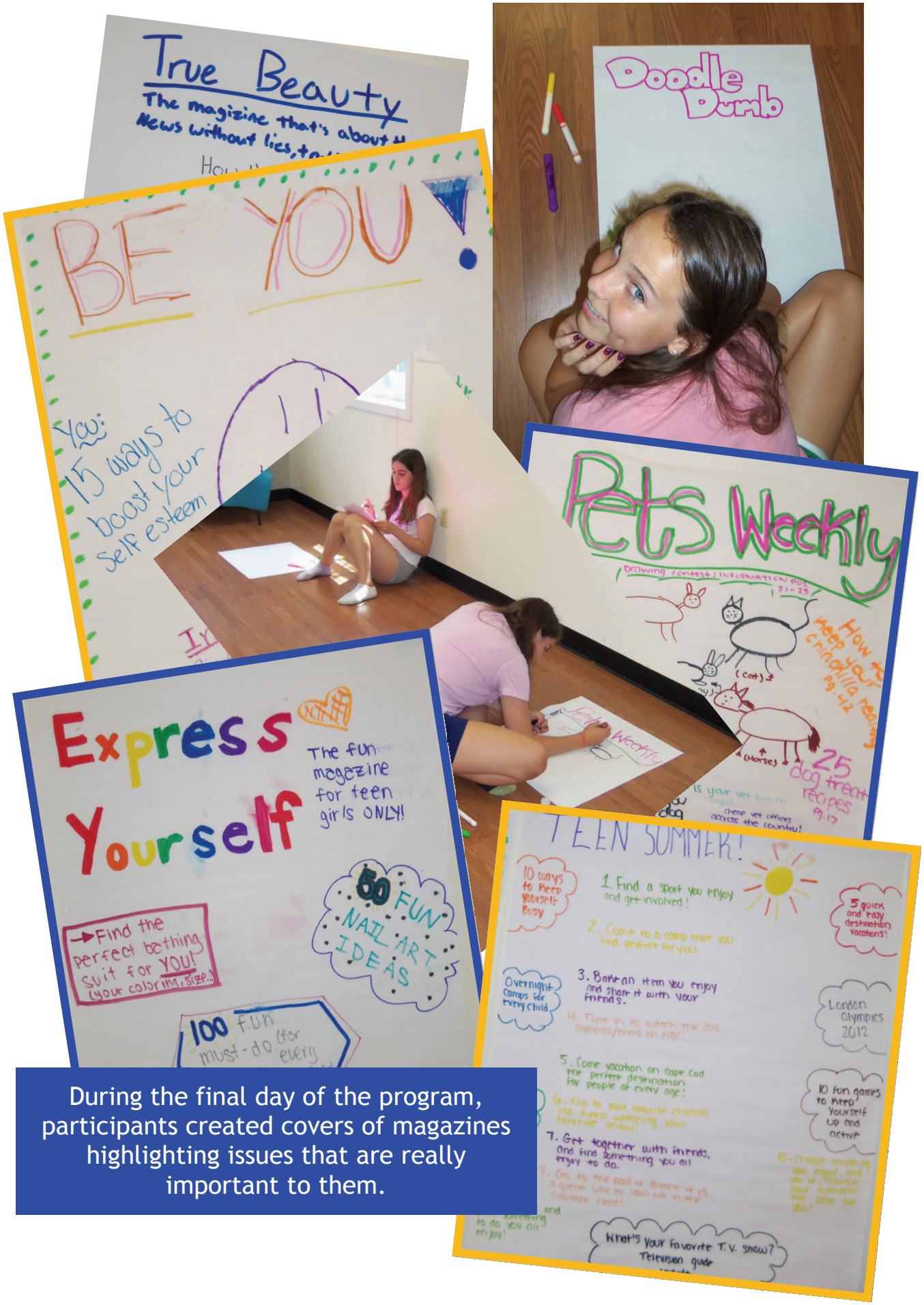
Participants also learned new physical activities.

Self-Defense

Yoga

Nautilus Equipment

Zumba



During the final day of the program, participants created covers of magazines highlighting issues that are really important to them.