

# StageofLife.com Writing Contest Survey - Be the Change: 10 Questions







## 1. What grade level are you in?

		Response Percent	Response Count
Junior High		11.7%	44
9th Grade		24.4%	92
<b>10th Grade</b>		<b>28.4%</b>	<b>107</b>
11th Grade		14.9%	56
12th Grade		14.9%	56
College		5.3%	20
Recent College Graduate		0.5%	2
<b>answered question</b>			<b>377</b>
<b>skipped question</b>			<b>0</b>



## 2. Gender

		Response Percent	Response Count
Male		21.2%	80
<b>Female</b>		<b>78.8%</b>	<b>297</b>
<b>answered question</b>			<b>377</b>
<b>skipped question</b>			<b>0</b>



### 3. I am happy with my body image

		Response Percent	Response Count
Always		21.5%	81
<b>Sometimes</b>		<b>58.6%</b>	<b>221</b>
Rarely		16.4%	62
Never		3.4%	13
<b>answered question</b>			<b>377</b>
<b>skipped question</b>			<b>0</b>



### 4. The media's advertisements pressure me to want to change my body image

		Response Percent	Response Count
<b>True</b>		<b>52.3%</b>	<b>197</b>
False		47.7%	180
<b>answered question</b>			<b>377</b>
<b>skipped question</b>			<b>0</b>






### 5. My appearance affects my self-esteem

		Response Percent	Response Count
<b>True</b>		<b>72.9%</b>	<b>275</b>
False		27.1%	102
<b>answered question</b>			<b>377</b>
<b>skipped question</b>			<b>0</b>

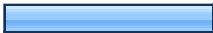

## 6. I am afraid of gaining weight

		Response Percent	Response Count
True		65.0%	245
False		35.0%	132
		<b>answered question</b>	<b>377</b>
		<b>skipped question</b>	<b>0</b>



## 7. In order to lose or avoid gaining weight, I have...(check any that apply)

		Response Percent	Response Count
...skipped a meal here or there		44.0%	166
...starved myself across multiple meals		11.1%	42
...engaged in bulimia		4.5%	17
...abused laxatives		2.1%	8
...done none of these - I feel good about my body image		55.2%	208
		Other (please specify)	49
		<b>answered question</b>	<b>377</b>
		<b>skipped question</b>	<b>0</b>



**8. I am or recently have been on a diet (in the last six months)**

		<b>Response Percent</b>	<b>Response Count</b>
True		31.0%	117
False		69.0%	260
<b>answered question</b>			<b>377</b>
<b>skipped question</b>			<b>0</b>

**9. There is at least one part of my body I would like to get surgery on**

		<b>Response Percent</b>	<b>Response Count</b>
True		31.0%	117
False		69.0%	260
<b>answered question</b>			<b>377</b>
<b>skipped question</b>			<b>0</b>

**10. I believe the media's advertisements are the main cause of low self esteem**

		<b>Response Percent</b>	<b>Response Count</b>
True		56.0%	211
False		44.0%	166
<b>answered question</b>			<b>377</b>
<b>skipped question</b>			<b>0</b>

**11. One last open-ended question...while this survey was about body image (one of an infinite number of "be the change" topics), my essay will be about...**

**Response  
Count**

282

**answered question**

**282**

**skipped question**

**95**

**Q7. In order to lose or avoid gaining weight, I have...(check any that apply)**

1	starvation/excersize type bulimia	Dec 31, 2012 6:06 PM
2	I have not done any of these things, but I do not feel good about my body image. I find I am much too skinny.	Dec 31, 2012 10:17 AM
3	exercized more	Dec 30, 2012 4:22 PM
4	exercise	Dec 29, 2012 10:18 PM
5	none of theese I	Dec 28, 2012 6:47 PM
6	Exercise regularly	Dec 28, 2012 4:30 PM
7	Exercise regularly	Dec 28, 2012 4:21 PM
8	Exercise regularly	Dec 28, 2012 4:17 PM
9	I am skinny. Therefore I try to eat more. People always think all teens are afraid of being fat. Well, some of us out there are the opposite. We are skinny and see people with curves and hour glass figures and are jealous.	Dec 26, 2012 10:06 PM
10	Skipped excess food eating	Dec 24, 2012 8:47 AM
11	Skipped excess food eating	Dec 24, 2012 8:44 AM
12	Excessive exercise, very restrictive diets	Dec 23, 2012 2:27 PM
13	watch what i eat at a healthier level.	Dec 20, 2012 2:15 PM
14	if anything i eat too much so i can gain weight	Dec 19, 2012 10:55 AM
15	I just think I look a bit too skinny--almost anorexic, but I'm not, so I'm trying to gain some weight. no connection to media	Dec 18, 2012 7:33 PM
16	Exercised	Dec 18, 2012 6:22 PM
17	Excersize	Dec 18, 2012 3:59 PM
18	None	Dec 18, 2012 1:38 PM
19	exercise	Dec 18, 2012 12:35 AM
20	exercised	Dec 18, 2012 12:26 AM
21	not that severe, only minor insecurities	Dec 15, 2012 8:57 PM
22	I eat healthy and exercise regularly to maintain my weight.	Dec 14, 2012 11:00 AM
23	worked out, eaten right	Dec 14, 2012 7:29 AM
24	done a lot of body exercises	Dec 14, 2012 6:39 AM
25	eat right and excersize	Dec 12, 2012 8:09 AM

**Q7. In order to lose or avoid gaining weight, I have...(check any that apply)**

26	joined gym	Dec 12, 2012 3:28 AM
27	exercise.	Dec 11, 2012 8:40 PM
28	I am underweight	Dec 11, 2012 12:33 PM
29	got on with my life and stopped having unhealthy break time snacks	Dec 10, 2012 11:14 AM
30	play sports	Dec 10, 2012 11:07 AM
31	play sports	Dec 10, 2012 11:00 AM
32	Began exercising regularly	Dec 9, 2012 7:25 PM
33	worked out a lot	Dec 7, 2012 11:35 AM
34	I exercise more to make sure I am healthy	Dec 6, 2012 6:28 PM
35	i try to work out and do different exercises at home and at the gym in my apartment complex.	Dec 6, 2012 4:28 PM
36	Over excercised	Dec 6, 2012 10:09 AM
37	exercise	Dec 6, 2012 6:50 AM
38	eating a little less and eating a little healthier	Dec 6, 2012 6:04 AM
39	I don't pay attention to my health.	Dec 5, 2012 1:31 PM
40	Drank only water.	Dec 5, 2012 10:29 AM
41	Skip lunch and some breakfasts every day	Dec 4, 2012 9:36 PM
42	None, I'm trying to put on weight/ muscle mass.	Dec 4, 2012 5:26 PM
43	Don't eat much- try to burn loads of calories	Dec 4, 2012 1:10 PM
44	excercise, go into healthier dieting plans	Dec 4, 2012 12:41 PM
45	control my diet and exercise	Dec 2, 2012 12:36 PM
46	exercised excessively	Dec 2, 2012 7:40 AM
47	None of these - I eat way too much causing me to be overweight	Dec 1, 2012 7:23 PM
48	don't feel hungry at times	Dec 1, 2012 6:20 PM
49	limit the amount i eat	Dec 1, 2012 8:42 AM

**Q11. One last open-ended question...while this survey was about body image (one of an infinite number of "be the change" topics), my essay will be about...**

1	Changing the way people view those with special needs	Dec 31, 2012 7:28 PM
2	Changing the way people view those with special needs	Dec 31, 2012 7:22 PM
3	Fighting Hunger in the U.S. and abroad	Dec 31, 2012 7:14 PM
4	hope and inspiration	Dec 31, 2012 6:53 PM
5	LGBT discrimination	Dec 31, 2012 6:06 PM
6	finding my true inner happiness.	Dec 31, 2012 4:00 PM
7	Alcohol Abuse	Dec 31, 2012 10:17 AM
8	how I will be the change in 2013 by embodying loyalty.	Dec 31, 2012 6:06 AM
9	Truly going my own way instead of living up to surrounding norms and other people's expectations.	Dec 31, 2012 5:53 AM
10	School Violence	Dec 30, 2012 7:35 PM
11	the greater good	Dec 30, 2012 5:42 PM
12	The Greater Good	Dec 30, 2012 5:37 PM
13	looking past imperfection in others and associating yourself in their lives.	Dec 30, 2012 4:22 PM
14	Inspiring Change	Dec 30, 2012 12:40 PM
15	i love ur asscheeks. Gimme some more babee	Dec 30, 2012 8:39 AM
16	you	Dec 30, 2012 8:31 AM
17	My essay topic will be about how I can change pressure of perfection	Dec 29, 2012 11:51 PM
18	fear of change	Dec 29, 2012 10:18 PM
19	" How we really feel", that is the title. My essay is going to talk about how girl's really feel about themselves. For real.	Dec 29, 2012 6:56 PM
20	My essay will be about what needs changing, or rather: what shouldn't have changed in the first place.	Dec 29, 2012 6:23 PM
21	Probably all the things wrong with the world. Not just media in general.	Dec 29, 2012 2:02 PM
22	stereotypes.	Dec 29, 2012 12:15 PM
23	Bullying and how it can really affect teens. We have to change it.	Dec 29, 2012 9:13 AM
24	Bullying and how it can really affect teens. We have to change it.	Dec 29, 2012 9:13 AM
25	Bullying and how it can really affect teens. We have to change it.	Dec 29, 2012 9:12 AM



**Q11. One last open-ended question...while this survey was about body image (one of an infinite number of "be the change" topics), my essay will be about...**

26	changing yourself first before trying to change others	Dec 29, 2012 6:51 AM
27	Realizing the power of my voice.	Dec 28, 2012 9:03 PM
28	what i will personally change about myself in the upcoming year	Dec 28, 2012 8:28 PM
29	Rrespec	Dec 28, 2012 8:00 PM
30	how the media of the world has changed my life, and many others And how this should be severly changed in the upcoming 2013	Dec 28, 2012 6:47 PM
31	Changing the way girls perceive their body image through the media, and the social idea of perfection.	Dec 28, 2012 4:30 PM
32	Modern day pressures encouraging pre-teens to be what society deems 'perfection'.	Dec 28, 2012 4:21 PM
33	Modern day pressures within society to look and be stereotypically 'beautiful'.	Dec 28, 2012 4:17 PM
34	Children's welfare.	Dec 28, 2012 1:34 PM
35	bullying	Dec 28, 2012 1:22 PM
36	I don't know	Dec 28, 2012 11:12 AM
37	educating the youth on self esteem	Dec 28, 2012 8:21 AM
38	Changing myself personally. I think I need to be more assertive while at the same time being more sensitive to other people's needs.	Dec 28, 2012 7:51 AM
39	the way I feel about life	Dec 28, 2012 2:01 AM
40	Helping Others	Dec 27, 2012 11:06 PM
41	animal abuse	Dec 27, 2012 1:03 PM
42	how girls shouldn't fall for medias push on beauty. Young girls shouldn't worry about how sexy they are but how happy and healthy they are	Dec 27, 2012 12:30 PM
43	Helping others achieve the change they wish to achieve.	Dec 27, 2012 11:59 AM
44	Negligence among teens.	Dec 27, 2012 11:34 AM
45	Health and its importance in our society	Dec 26, 2012 10:29 PM
46	Attitude	Dec 26, 2012 10:06 PM
47	Probably Body Image	Dec 26, 2012 7:19 PM
48	Or...on a personal level, what will you do to make a change in yourself in 2013?	Dec 25, 2012 7:40 PM
49	Poltical awareness	Dec 25, 2012 7:02 PM

**Q11. One last open-ended question...while this survey was about body image (one of an infinite number of "be the change" topics), my essay will be about...**

50	Empowerment of women	Dec 25, 2012 6:11 PM
51	Personal change in order to effect a broader change in personal, communal, and national relations.	Dec 25, 2012 1:45 PM
52	Mostly about health	Dec 25, 2012 10:32 AM
53	THE CHANGE IN PAKISTAN	Dec 25, 2012 10:32 AM
54	change	Dec 24, 2012 9:39 PM
55	My essay will be about us young people coming together to encourage ourselves as well as other to become leaders, also building towards having high self esteems.	Dec 24, 2012 7:06 PM
56	I don't know	Dec 24, 2012 4:58 PM
57	I will write about telling people to find happiness within themselves not within the world.	Dec 24, 2012 12:08 PM
58	The need to integrate morality into the foundation of societies and persons.	Dec 24, 2012 11:31 AM
59	Looking at the mirror in a different way	Dec 24, 2012 8:47 AM
60	Looking at myself in the mirror differently	Dec 24, 2012 8:44 AM
61	Self-confidence	Dec 24, 2012 1:12 AM
62	It will be personal. How I can change.	Dec 23, 2012 4:20 PM
63	Eatig animal products	Dec 23, 2012 2:27 PM
64	me	Dec 23, 2012 2:15 PM
65	the psychological part of changing the world. I believe people need to accept people for who they are.	Dec 23, 2012 11:44 AM
66	a change ill make	Dec 22, 2012 7:48 PM
67	Being okay with what sort of person you are/ feeling better about yourself	Dec 22, 2012 6:37 PM
68	body image.	Dec 22, 2012 1:21 PM
69	equal opportunity	Dec 22, 2012 12:58 PM
70	How to be kind to everyone	Dec 22, 2012 8:52 AM
71	How to be nice to everyone. I try my best to be nice to everyone. It must work, because most people feel comfortable around me. Not saying I am friends with everyone, but I think that in general I am a nice person.My friends sometimes tell me I'm to nice, but seriously.... Where is the limit?	Dec 22, 2012 8:40 AM
72	Changing sociey by removing crime at grass root level.	Dec 22, 2012 6:33 AM

**Q11. One last open-ended question...while this survey was about body image (one of an infinite number of "be the change" topics), my essay will be about...**

73	Making the change to be happy with yourself	Dec 21, 2012 1:53 PM
74	Looking at myself in a new way	Dec 21, 2012 8:24 AM
75	How I will change the lives of other people.	Dec 20, 2012 9:05 PM
76	Trying new Activities in order to fit in	Dec 20, 2012 6:12 PM
77	Accepting my past.	Dec 20, 2012 2:33 PM
78	how to overcome the pressure high schools bring upon teens, like myself.	Dec 20, 2012 2:15 PM
79	Media and history	Dec 20, 2012 9:15 AM
80	The environment	Dec 20, 2012 6:41 AM
81	How advertisements will affect the human self-esteem.	Dec 20, 2012 6:29 AM
82	How i will try to bring up a change in my community in 2013 through my own deeds and expressing my ideas.	Dec 19, 2012 8:08 PM
83	My religion. People always think Muslims are a violent group. I want to prove that Muslims and Islam is not an act of violence and is more of a peaceful religion.	Dec 19, 2012 2:54 PM
84	Not to listen to those stupid advertisements and be YOURSELF! Your beautiful, unique, and god made you! and god NEVER makes mistakes. your perfect. so dont worry be happy. :) :-* Love, Maai	Dec 19, 2012 2:47 PM
85	Parenting	Dec 19, 2012 10:55 AM
86	Enlightenment for the human race and rising up against oppressive leaders.	Dec 19, 2012 10:08 AM
87	change in myself	Dec 19, 2012 10:03 AM
88	me changing my outlook on life	Dec 19, 2012 9:55 AM
89	the government	Dec 19, 2012 8:50 AM
90	Changing the world.	Dec 19, 2012 8:30 AM
91	strengthening my relationship with Christ and helping people through missions.	Dec 19, 2012 6:41 AM
92	My struggle to overcome bullying, low self esteem, and self injury as well as how I want to use it to my advantage	Dec 19, 2012 6:34 AM
93	idk	Dec 19, 2012 1:02 AM
94	how we need to change and stop conforming to the ways of our society. We need to be unique!	Dec 18, 2012 8:39 PM
95	Our lives for high school to college	Dec 18, 2012 7:46 PM
96	hopefully, I will write about diversity. The SDLC was very inspiring and has	Dec 18, 2012 7:33 PM

**Q11. One last open-ended question...while this survey was about body image (one of an infinite number of "be the change" topics), my essay will be about...**

prompted me to try to at least spread awareness about the real definition of diversity. "Diversity is not just race, and race is not just black and white."

97	My personality, depression, negativity, change. How I can improve myself.	Dec 18, 2012 6:22 PM
98	I will describe the failure of public education	Dec 18, 2012 3:59 PM
99	Bullying and letting fear rule your life.	Dec 18, 2012 3:59 PM
100	My appearance affects my self-esteem	Dec 18, 2012 3:40 PM
101	Anorexia	Dec 18, 2012 1:38 PM
102	The change that needs to happen with mental health care in the United States	Dec 18, 2012 10:54 AM
103	The intellectual evolution of mankind	Dec 18, 2012 10:09 AM
104	My essay will be about self-esteem and how people should over come with think bad things about themselves.	Dec 18, 2012 10:04 AM
105	My personal tendencies and my need to be a better person	Dec 18, 2012 6:40 AM
106	How I actually would like to open peoples eyes and show people that most of what they do is stupid and is only going to make their lives worse.	Dec 18, 2012 6:27 AM
107	family problems	Dec 18, 2012 3:39 AM
108	Helping teachers get what they deserve	Dec 18, 2012 2:50 AM
109	Be The Change: I Will Help Teens Currently Experiencing Ongoing Problems With Friendships	Dec 18, 2012 12:35 AM
110	Be The Change: I Will Help Change The Way Girls Pick Friends	Dec 18, 2012 12:26 AM
111	Family relationships	Dec 17, 2012 10:45 PM
112	Peace	Dec 17, 2012 10:38 PM
113	The recycling issue in my community.	Dec 17, 2012 10:16 PM
114	happiness	Dec 17, 2012 3:59 PM
115	What I will do differently in 2013 or how I will help others.	Dec 17, 2012 3:51 PM
116	happiness	Dec 17, 2012 3:48 PM
117	video games	Dec 17, 2012 11:09 AM
118	Saving the environment	Dec 17, 2012 9:00 AM
119	How young teenage girls are affected by society's image of beautiful.	Dec 17, 2012 6:23 AM
120	Not limiting oneself to opportunities presented to me.	Dec 16, 2012 7:51 PM

**Q11. One last open-ended question...while this survey was about body image (one of an infinite number of "be the change" topics), my essay will be about...**

121	How people in society should be nicer to one another and social class should not effect the kindness of an individual.	Dec 16, 2012 4:50 PM
122	Being forgiving, Kind to others, and repressive of ones own anger. I believe that would make a big difference in the world. As well as being grateful for being alive and always remmebering those who are less fortunate in times of grief.	Dec 16, 2012 12:35 PM
123	Banishing Hunger	Dec 16, 2012 8:45 AM
124	Be kind to others and don't bully	Dec 16, 2012 6:19 AM
125	still developing idea (:	Dec 15, 2012 8:57 PM
126	How society effects teens	Dec 15, 2012 2:59 PM
127	My impact on the disability crowd in my community in the past and what I'll do in the future to continue to bridge the gap between those with disabilities and those without.	Dec 15, 2012 2:28 PM
128	Money.	Dec 15, 2012 1:30 PM
129	The More I Relax, the Less Stressed I'll be.	Dec 15, 2012 12:56 PM
130	about corruption	Dec 15, 2012 6:59 AM
131	life	Dec 15, 2012 2:02 AM
132	how people can help bring a change!	Dec 14, 2012 9:16 PM
133	Gossip and thinking before you speak.	Dec 14, 2012 11:00 AM
134	Treat others the way you would like to be treated.	Dec 14, 2012 9:00 AM
135	Treating others the way you would want to be treated.	Dec 14, 2012 8:54 AM
136	Doing what I want to do and not worrying about what others think.	Dec 14, 2012 7:36 AM
137	sponsoring a child in Africa	Dec 14, 2012 7:35 AM
138	Changes I want to see in myself.	Dec 14, 2012 7:29 AM
139	Wildlife Habitat	Dec 14, 2012 7:26 AM
140	Changing my priorities and my social life.	Dec 14, 2012 7:13 AM
141	My talent and how God will tell me in His own time what He wants me to do with it.	Dec 14, 2012 6:55 AM
142	My essay is about wanting to use the year of 2013 to truly live. Not just the kind of living everyone does, but the kind I will die proud of.	Dec 14, 2012 6:50 AM
143	My essay will be about donating blood to the American Red Cross.	Dec 14, 2012 6:43 AM

**Q11. One last open-ended question...while this survey was about body image (one of an infinite number of "be the change" topics), my essay will be about...**

144	the changes that i want my city to have in 2013	Dec 14, 2012 6:39 AM
145	Climate Change	Dec 14, 2012 3:58 AM
146	Child obesity	Dec 13, 2012 8:01 PM
147	Child obesity	Dec 13, 2012 7:56 PM
148	Be all you can be	Dec 13, 2012 7:46 PM
149	body image	Dec 13, 2012 5:49 PM
150	How to make changes in life issues.	Dec 13, 2012 5:47 PM
151	what I will you do to make a change in myself in 2013	Dec 13, 2012 5:34 PM
152	Loving and accepting others, however YOU need to believe in yourself first.	Dec 13, 2012 5:07 PM
153	Foster care.	Dec 13, 2012 5:07 PM
154	Acceptance	Dec 13, 2012 3:49 PM
155	How music affects those that listen.	Dec 13, 2012 2:46 PM
156	Acceptance, and progression through my own anecdotes	Dec 13, 2012 2:12 PM
157	body image	Dec 13, 2012 2:07 PM
158	Seeung whats good in your life and encouraging others to do so.	Dec 13, 2012 12:39 PM
159	how to control self esteem	Dec 13, 2012 11:38 AM
160	pollution	Dec 13, 2012 6:44 AM
161	Body image	Dec 12, 2012 7:11 PM
162	how the world in itself is such a place of dark things and how there needs to be more hopes of light... the suicide rate is ridiculous...if there were to be local places in each city that did things and seminars to help give hope and positive thinking and counseling to people who really need it I think it could make an amazing difference not only in suicide rates but in the overall outlook on life in America	Dec 12, 2012 4:00 PM
163	Overall health/well being habits.	Dec 12, 2012 3:17 PM
164	There should be more curvy models	Dec 12, 2012 1:41 PM
165	My essay will be about increasing respect and integrity for the coming generations.	Dec 12, 2012 10:53 AM
166	change stars from home	Dec 12, 2012 3:28 AM
167	human trafficking	Dec 11, 2012 11:37 PM

**Q11. One last open-ended question...while this survey was about body image (one of an infinite number of "be the change" topics), my essay will be about...**

168	Environment	Dec 11, 2012 9:56 PM
169	The power of music to overcome challenges	Dec 11, 2012 8:40 PM
170	How I will change	Dec 11, 2012 6:26 PM
171	change	Dec 11, 2012 6:01 PM
172	changing my sensitivity towards everything.	Dec 11, 2012 4:20 PM
173	Perspectives and how we can learn from people's choices	Dec 11, 2012 3:56 PM
174	Diversity...ish..	Dec 11, 2012 1:13 PM
175	how sometimes even mud can change the world	Dec 11, 2012 12:36 PM
176	Focusing on the future	Dec 11, 2012 12:33 PM
177	Homophobia	Dec 11, 2012 11:02 AM
178	My essay topic will be on the lack of school spirit in my high school, and what I plan to do to change that for the 2013 school year.	Dec 11, 2012 8:36 AM
179	My essay will be about how I plan on getting my schools spirit back in all the other students.	Dec 11, 2012 7:41 AM
180	Body image and how teenage girls think about themselves	Dec 11, 2012 6:41 AM
181	Philosophy	Dec 11, 2012 4:59 AM
182	Finding beauty within the natural world	Dec 11, 2012 3:16 AM
183	Changing myself	Dec 10, 2012 6:13 PM
184	the same thing	Dec 10, 2012 5:30 PM
185	Bullying and it's affects.	Dec 10, 2012 3:43 PM
186	I want to be the change that demonstrates to young ladies that whatever image you were created in love yourself. Ensure that you do not overindulge to place your self in a dissatisfactory position.	Dec 10, 2012 3:32 PM
187	change is nice but compleate change in one year is almost impossible	Dec 10, 2012 1:09 PM
188	a personal level, what will you do to make a change in yourself in 2013?	Dec 10, 2012 12:21 PM
189	Be the Change- poverty and hunger	Dec 10, 2012 11:25 AM
190	healthy eating habits	Dec 10, 2012 11:20 AM
191	How the 'popular people' affect self-esteem.	Dec 10, 2012 11:18 AM
192	how my parents abuse e o =o[] *****	Dec 10, 2012 11:18 AM

**Q11. One last open-ended question...while this survey was about body image (one of an infinite number of "be the change" topics), my essay will be about...**

193	consciousness	Dec 10, 2012 11:15 AM
194	Modern fashion and how it is effecting younger people more than in the past.	Dec 10, 2012 11:14 AM
195	Healthy Eating Habits	Dec 10, 2012 11:13 AM
196	How I plan to change myself in a year	Dec 10, 2012 11:10 AM
197	be the change in 2013	Dec 10, 2012 11:08 AM
198	Opinion	Dec 10, 2012 11:07 AM
199	me trying to change my attitude and being more positive and giving myself more credit.	Dec 10, 2012 11:07 AM
200	Community Service	Dec 10, 2012 11:07 AM
201	How I and others can change the world.	Dec 10, 2012 11:05 AM
202	we need to change and take time to appreciate the little things in life	Dec 10, 2012 11:05 AM
203	How i plan on being more positive and giving myself more credit.	Dec 10, 2012 11:00 AM
204	environmental and social consciousness	Dec 10, 2012 11:00 AM
205	teenage unemployment	Dec 10, 2012 7:45 AM
206	depression and other mental illnesses	Dec 9, 2012 9:05 PM
207	Suicide and bullying. And the story of Loretta Claiborne.	Dec 9, 2012 8:18 PM
208	I'm not entirely sure. Probably about my personal changes.	Dec 9, 2012 7:25 PM
209	Teen suicide and how we need to put a stop to it.	Dec 9, 2012 7:03 PM
210	Shyness in Children and Teens	Dec 9, 2012 5:45 PM
211	Hope.	Dec 9, 2012 5:08 PM
212	Mental Illness	Dec 9, 2012 4:46 PM
213	The causes of mental illness.	Dec 9, 2012 4:43 PM
214	access to basic health care	Dec 9, 2012 3:57 PM
215	changing the way I think of the world. I want to realize how my life effects people and go more in depth with the meaning of life.	Dec 9, 2012 3:11 PM
216	Effects of poverty on children in the U.S.	Dec 9, 2012 2:09 PM
217	My essay will be about how childhood obesity is caused by fast food consumption and lack of exercise.	Dec 9, 2012 1:32 PM



**Q11. One last open-ended question...while this survey was about body image (one of an infinite number of "be the change" topics), my essay will be about...**

218	societys effecr on teens	Dec 9, 2012 1:06 PM
219	the flaws in the public education system.	Dec 9, 2012 12:25 PM
220	Underage Drinking	Dec 9, 2012 12:22 PM
221	Underage drinking.	Dec 9, 2012 12:20 PM
222	the flaws in the public education system.	Dec 9, 2012 12:20 PM
223	Underage drinking.	Dec 9, 2012 12:14 PM
224	My essay will be about America's growing obesity problem and how to keep your body healthy.	Dec 9, 2012 11:11 AM
225	The effects of peer pressure and under age drinking.	Dec 9, 2012 10:14 AM
226	bullying	Dec 9, 2012 8:59 AM
227	How the perception of a beautiful body has evolved over time.	Dec 9, 2012 8:59 AM
228	How my mentor has changed my life.	Dec 8, 2012 9:06 PM
229	power cut	Dec 8, 2012 9:00 PM
230	learning love and respect for people through developing a positive world view	Dec 8, 2012 8:44 PM
231	On a personal level, how do you plan to change yourself this 2013	Dec 8, 2012 6:53 PM
232	Teens	Dec 8, 2012 5:43 PM
233	Sustainability: Together We Are Stronger	Dec 7, 2012 8:03 PM
234	cyberbullying	Dec 7, 2012 6:31 PM
235	Becoming the best form of myself through service to others. I will in turn inspire others to do the same.	Dec 7, 2012 3:31 PM
236	trying to create a positive atmosphere in hospitals.	Dec 7, 2012 1:15 PM
237	How my parents and society pressure me to be perfect.	Dec 7, 2012 11:39 AM
238	How my parents and society pressure me to be perfect in every way.	Dec 7, 2012 11:35 AM
239	what needs to be done to change this world we are here in.	Dec 7, 2012 11:01 AM
240	making the change in myself and always seeing the positive side of things.	Dec 7, 2012 8:04 AM
241	corruption in the world	Dec 7, 2012 7:53 AM
242	Problems in Education	Dec 7, 2012 6:41 AM
243	helping less fortunate communities	Dec 6, 2012 8:50 PM

**Q11. One last open-ended question...while this survey was about body image (one of an infinite number of "be the change" topics), my essay will be about...**

244	I think I will write about the political aspect that needs to be changed in the United States.	Dec 6, 2012 6:28 PM
245	depression	Dec 6, 2012 5:26 PM
246	How I can make a change within myself. How I can have better confidence and self-esteem. And be a better influence on people.	Dec 6, 2012 4:28 PM
247	My essay will be about eating disorders.	Dec 6, 2012 10:19 AM
248	Not sure yet. I live in the UK, so may not enter	Dec 6, 2012 10:09 AM
249	Body Language	Dec 6, 2012 8:14 AM
250	The change in my community, that everyone needs to make together	Dec 6, 2012 7:46 AM
251	How I would like to help people but my life and lack of money gets in the way, as much as I would like to help. It's why I want to be a singer, so I can use the money I make to help others.	Dec 6, 2012 6:04 AM
252	being complacent and lackadaisical	Dec 5, 2012 10:32 PM
253	Making a change in our community	Dec 5, 2012 6:23 PM
254	Anti-Bullying and how it effects people more than anybody thinks.	Dec 5, 2012 5:26 PM
255	What will i do to make a change in my life	Dec 5, 2012 5:04 PM
256	WHAT WILL I DO TO MAKE A CHANGE IN MY SELF.	Dec 5, 2012 4:56 PM
257	What will i do to make a change in my self.	Dec 5, 2012 4:42 PM
258	My essay will be about how fast food is a huge contributing factor to childhood obesity.	Dec 5, 2012 3:36 PM
259	changing my bad psychological habits, such as stress, that are dangerous to my mental health.	Dec 5, 2012 1:31 PM
260	Thinking as an individual. I feel that for too long we as a people have allowed others to do our thinking for us. It is high time we make our own decisions and find our own paths.	Dec 5, 2012 9:51 AM
261	The effects of bullying on kids/teens and why its so important that we come together to stop it.	Dec 5, 2012 6:03 AM
262	Obesity	Dec 5, 2012 5:17 AM
263	How I will pursue my dreams to be a writer instead of being a doctor like my father would have wanted.	Dec 5, 2012 12:31 AM
264	Women in my society	Dec 4, 2012 11:52 PM
265	The most important things you value in your life and why unlike anyone else's	Dec 4, 2012 9:36 PM

**Q11. One last open-ended question...while this survey was about body image (one of an infinite number of "be the change" topics), my essay will be about...**

	compare	
266	I would like to improve education for American children and teenagers.	Dec 4, 2012 6:22 PM
267	Thinking	Dec 4, 2012 5:26 PM
268	self love	Dec 4, 2012 1:01 PM
269	the changes that I have found are possible to make within oneself with perseverance and the drive to carry on.	Dec 4, 2012 12:41 PM
270	My essay will be about what I can do to change the community.	Dec 4, 2012 11:12 AM
271	Changing from a Negative state of mind to a positive headspace	Dec 3, 2012 8:04 PM
272	How to stay true to yourself and not let the world around you affect you in any way.	Dec 3, 2012 5:31 PM
273	How as a group we can come together and help anyone with low self esteem feel good about themselves	Dec 3, 2012 5:10 PM
274	Changing one thing about myself.	Dec 3, 2012 9:42 AM
275	weight loss	Dec 3, 2012 7:33 AM
276	Child Abuse.	Dec 3, 2012 5:41 AM
277	How to get teens to ignore their physical appearance.	Dec 2, 2012 4:32 PM
278	Stick to my special diet	Dec 2, 2012 12:36 PM
279	I haven't decided yet.	Dec 2, 2012 7:40 AM
280	my responsibilities as I grow up	Dec 1, 2012 7:23 PM
281	Bullying and Teen Depression	Dec 1, 2012 6:24 PM
282	what some changes and media's can cause and how it could hurt you mentally, physically and emotionally.	Dec 1, 2012 6:20 PM