5

Okay. So what you said before, the shallow reason is that you do some of these things to be attractive to others, what is like, what would make you attractive? What is your goal, what would you want to be to be attractive?

Um, I would say, probably like my stomach is the one thing that makes me unattractive. Because it's not small, for somebody my height, short, should have a small stomach, and like that is what I am trying to work toward, and like when I go to the gym that is what I am trying to focus on becoming, small in the stomach.

6

Okay, do you do these things, like exercising and eating and stuff, is it in any way, would you say, to be attractive to others?

Oh, um . . . I think at this point, definitely, surely who doesn't? But I think in the long run it's just to be healthy, 'cause I don't want to grow up and not have these habits because it's going to be harder and harder to get into it. But right now, of course. Like you just want to look good for yourself and for others.

I just want to keep my body toned, it's not so much losing weight, I just want to keep the body image as it is because right now, as we said before, I'm pretty comfortable what it looks like, so I don't want to change. Um, and I think it has to do with looking good for others, and also it's a confidence issue, when you are happy with the way you look, it's easy to be confident.

2

Where do you think that comes from?

Um . . . I would say, a lot of it is compliments. Like, the good things would probably be complimented on by people, I mean like if someone says "Oh, your hair looks really nice today," you're like, "Oh, I do have good hair!" like, and then you like start to notice it. If someone compliments your smile, like, you notice it, and you're like, "Oh, I guess it does look nice," especially if it's something that more than one person, like multiple people saying it's nice, you start to feel like it's true.

13

Why don't you like being short?

Because I think like I could, I don't know, sometimes I feel like tall people just look good in some clothes that I could like never pull off, you know? Like even in capris sometimes I'm like, "I'm too short for capris!" I just wish I had long, slender legs, I guess.

18

Now for you personally, do you think that you eat healthy and you go to the gym to, do you think part of it is basically to be attractive to others?

Umm, I think it's a nice benefit, and I think that, I think that, I'm trying to, I enjoy it so I don't really think about it in that way, but I think that, well, I guess when I go home, if it's snowing out, and I don't have a gym to go to, I don't go exercising I just watch what I eat more. So I guess you could kind of count that as like worrying what I look like, but at the same time, I like doing those things for me to be healthy. And I mean I still, you like being thin, I do it to stay in shape and to look decent, but I think there are other factors as well.

10

Do you feel that for girls on campus that there's pressure to dress a certain way?

Freshmen? Um, sometimes, I mean, I think that everyone wants to look hot you know and everyone wants to like, yeah, like go out, when we go out in the courts and party everyone wants to look like hot and you know, feel wanted and stuff, but I don't know, but most of my friends don't care how they look, we're beyond that, you know? So, there are two sides to it definitely.

8

What do you think constitutes a cute girl?

Um, hmm, someone who's put together, someone who had like a pretty distinct clique of other cute girls, like uh, I dunno, it's like a phenomenon of youth that did make you cool.

And like that's pretty late I think for a girl, uh, and I did it because, well, when I wasn't wearing bras it was because like I wanted my body to look the way that it is and I wanted to just present my body in the form that it was and I didn't want to pretend to ever, like, other people.

4

Um, well, I like to be able to wear clothes and feel like I look good in them, so if I try on an outfit and I don't feel like I look good in it I do not buy it, or, um, the way I look is also important to me, so I go to the gym—and although I don't faithfully go four or five times a week, like I would like to, I try to go three or four times a week because I like to feel like I can keep my body in check so I do not gain a lot of weight.

So why do you think it's necessary to stay an average weight in order to feel attractive?

Well, I think it's important because first of all it's healthy, and second, it's harder to find a relationship to get into one, I think, if you feel like you have a poor body image. So if I feel like I am average, I feel healthy, and I look healthy, I will be more attractive to others, and I will have a better relationship, knowing that I am doing things the right way and staying happy.