

# A Look at How You Look

Fill out the following flowchart. When finished, share it with your parents and use it as a topic for discussion.

1

## ANALYZE YOUR SHOPPING HABITS

How much interest do you have in clothing and fashion?

(CHECK WHICH)

LITTLE

SOME

LOTS



What is the most you'd spend on one item of clothing?

What factors drive your clothing decisions?

(NUMBER IN PRIORITY ORDER)

BRAND NAME

PRICE

POPULARITY OF STYLE

COMFORT

OTHER

NEXT PAGE



NO YES

Have you and your parents ever clashed over the amount of time or money you spend shopping for clothes?

Can you see any merit in their view?

YES NO

EXPLAIN

Empty rounded rectangular box for explanation.

What adjustments could you make to your shopping habits?

Empty rounded rectangular box for 'TIME' adjustments.

TIME

Empty rounded rectangular box for 'MONEY' adjustments.

MONEY

## DEFINE YOUR PREFERENCES



What are you most likely to wear . . .

in a formal setting?

in a formal setting?

in a casual setting?

in a casual setting?



NEXT PAGE



Who most influence your fashion sense?

- PARENTS
- CELEBRITIES
- MODELS
- MEDIA
- FRIENDS

Name a style that you feel draws too much attention to the wearer

Why might some people be tempted to adopt that style?

What might be the downside of adopting the style promoted by the group you selected?

- MAYBE
- NO
- YES

Do you think your preferences will change as you get older?

# 3

## CONSIDER THE REACTION OF OTHERS

- YES
- NO

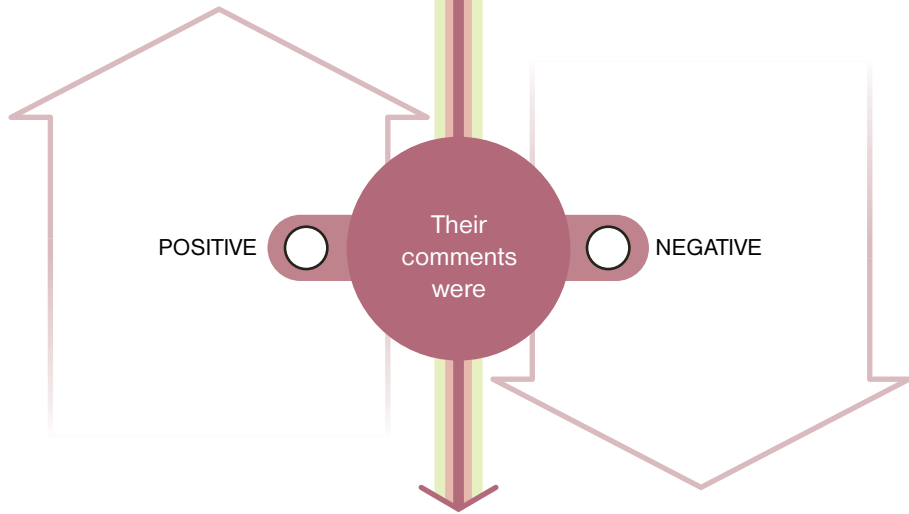
Do you care what others think of your clothing choices?

NEXT PAGE



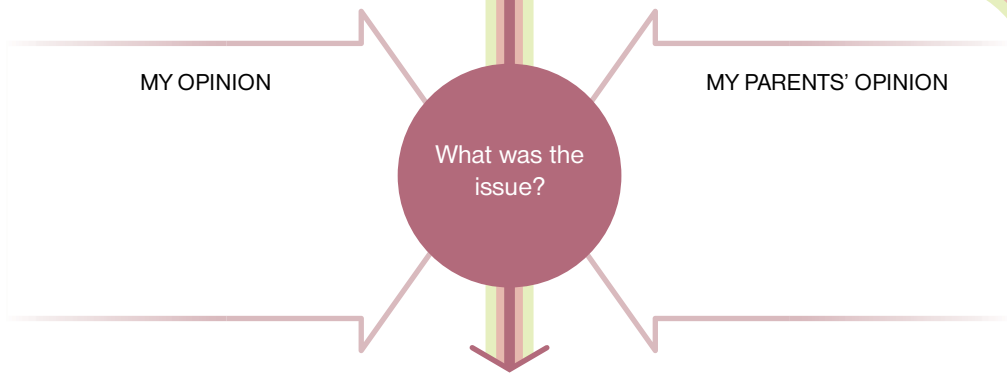
Have others (outside of your family) ever commented on your taste?

YES NO



Have you and your parents ever clashed over your clothing choices?

YES NO



What merit can you see in your parents' viewpoint?

What do you wish your parents would consider about your viewpoint?

What adjustments, if any, could be made to a garment or style to make it acceptable to your parents?

Now share your completed worksheet with your parents and use it as a topic for discussion with them.