

The #BodyPositive Pre-Measurement form

Costume Designing is a stressful job! However, sometimes what can be even more stressful is being costumed for a show! For far too many years, performers have been subject to varying degrees of respect and kindness regarding their bodies, their measurements, etc. These experiences can and do cause long-term damage to the performer both emotionally and physically. My mission is to change that, and to remind performers — that their bodies are their own, and that they are under no obligation or pressure to change themselves for a costume. Fabric is meant to be altered and changed and torn apart — People are not. This sheet is a helpful reminder for both Costume Teams and performers of these facts. It's time to change "what's ordinary" and remember that the human comes first, not the costume. For more on this mission, follow the QR code on the right.



NAME AND PRONOUNS:

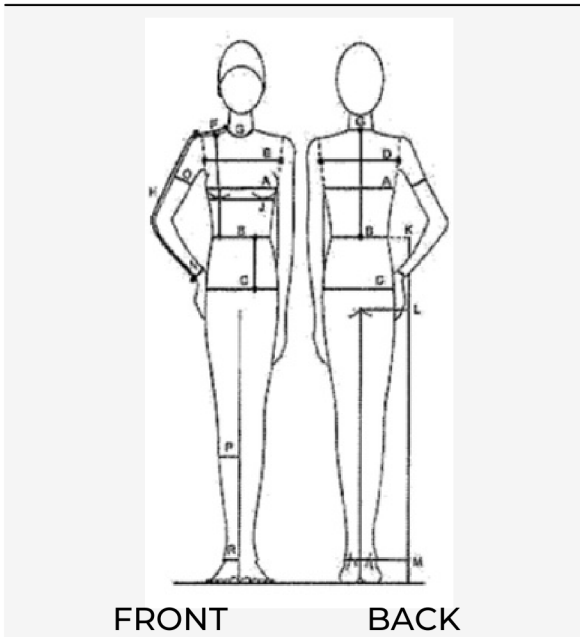
CHARACTER NAME (S):

THINGS YOU LIKE ABOUT YOUR BODY

WE'D LOVE TO SEE YOU WHEN YOU'RE FEELING GREAT! IF YOU WISH, SHARE A SELFIE OF YOURSELF WEARING YOUR FAVORITE SHIRT/TOP OR OUTFIT!

You can staple one to this sheet— We agree, this isn't a whole lot of space to show off all that awesomeness!

WHERE YOU'LL BE ASKED FOR MEASUREMENTS:

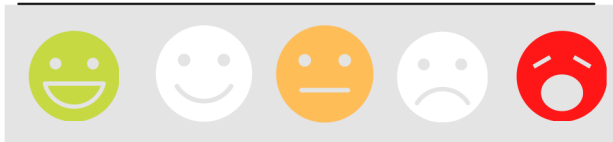


FRONT BACK

HOW CAN THE COSTUME TEAM OF THIS PRODUCTION EITHER KEEP YOUR LIST THE SAME, OR MAKE IT LONGER? (PARENTS, PLEASE FEEDBACK, AS WELL! ALL INFO WILL BE KEPT CONFIDENTIAL!)

This also isn't enough space for you to share! We suggest that you use the back of this sheet!

HOW COMFORTABLE ARE YOU WITH THAT?

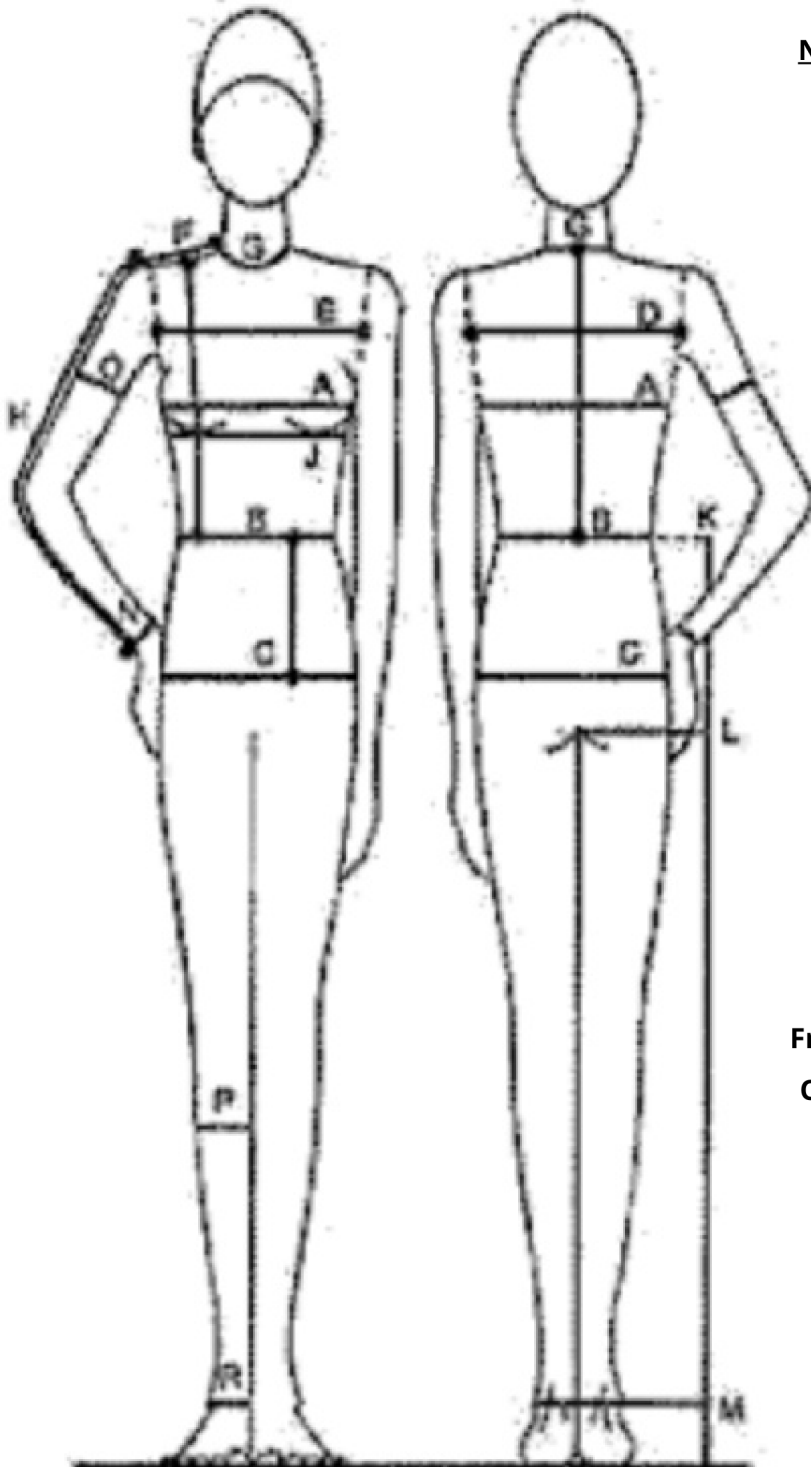


HOW DOES YOUR BODY FEEL TODAY?

The #BodyPositive Measurement form

Note to Costume Team: Based on how comfortable performers are being measured, if there are sizes not provided, please do not force these measurements. Based on the other measurements provided, a reasonable estimate can be made. If the measurement in question is one that will be needed to ensure a #bodypositive experience for the performer, see if there is a subtle way to determine it using #bodypositive questions based on the photo the performer provides. (I.e. "I love the way those shorts fit in that selfie— do you happen to know if those were a S/M/L?" Never ask for a size directly — give them options to pick from and then use your best judgement for confirmation. All costumes supplied will be be closest approximation to sizes, with the understanding that due to distance and the fact that in-person tailoring isn't possible, the Costume Team is available and capable of making reasonable necessary alterations.

Please make all measurement notes in: INCHES CM Thank you in advance!



NAME and PRONOUNS:

CHARACTER(S):

MEASUREMENTS:

Bust/Chest:

Waist:

Hips

Back Width:

Front Chest/Bust:

Shoulder:

Neck:

Sleeve:

Underbust:

Wrist:

Upper Arm:

Calf:

Waist to Knee:

Nape to Waist:

Waist to Hip:

Front Shoulder to Waist:

Outside Leg (Outseam)

Inside Leg (inseam)

Blazer Size:

Dress Size:

Head Circumference:

Shoe Size:

Dress Trouser Size:

Dress Shirt Size: