

Name _____

Mirror, Mirror: How Peers Shape Our Views on Beauty and Appearance

Multiple Choice Questions

1. What is body image?
 - a) The way we perceive and feel about our own bodies
 - b) A measurement of physical attractiveness
 - c) The opinions of peers about our appearance
 - d) The influence of media on our self-perception

2. How can peers influence perceptions of beauty and appearance?
 - a) By promoting open communication about insecurities
 - b) By fostering self-acceptance and embracing diversity
 - c) By conforming to traditional beauty standards
 - d) By recognizing the unrealistic beauty standards in media

3. What is one potential consequence of feeling pressured to conform to beauty ideals within a peer group?
 - a) Improved self-esteem and self-acceptance
 - b) A sense of belonging and acceptance
 - c) Comparisons and feelings of inadequacy
 - d) Positive comments and support from peers

4. How can negative comments from peers impact one's body image?
 - a) They have no impact on body image.
 - b) They can lead to feelings of shame and a negative self-image.
 - c) They promote self-acceptance and body positivity.
 - d) They encourage open communication about insecurities.

5. What role does media play in influencing perceptions of beauty and appearance?
 - a) Media has no influence on body image.
 - b) Media promotes self-acceptance and diverse beauty standards.
 - c) Media perpetuates unrealistic beauty standards that can exacerbate peer pressure.
 - d) Media fosters open communication about body insecurities.

