

Name _____

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

Short Answer

1. How can positive comments and support from peers promote a healthy body image?
2. Explain the concept of "comparison culture" and how it relates to peer pressure and body image.
3. Describe a situation where media exposure influenced your perceptions of beauty and appearance.
4. What steps can individuals take to navigate peer pressure related to body image and foster self-acceptance?
5. Why is it important to seek support from trusted adults when struggling with body image issues?

