

Name _____

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

Open-Ended Response Questions

1. Share a personal experience where you or someone you know faced peer pressure related to body image. How was the situation resolved, and what did you learn from it?
2. Discuss the potential benefits of open communication within peer groups regarding body image and insecurities. How can such communication promote self-acceptance and support among friends?
3. Reflect on the impact of media exposure on your own perceptions of beauty and appearance. How has media influenced your self-perception, and what strategies have you used to counteract unrealistic beauty standards?
4. Imagine a scenario where a friend is struggling with negative body image due to peer pressure. Offer advice on how they can build self-acceptance and resist negative influences.

