

Name \_\_\_\_\_

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

### Multiple Choice Answer Key

1. a) The way we perceive and feel about our own bodies
2. c) By conforming to traditional beauty standards
3. c) Comparisons and feelings of inadequacy
4. b) They can lead to feelings of shame and a negative self-image.
5. c) Media perpetuates unrealistic beauty standards that can exacerbate peer pressure.

