

Name _____

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

Short Answer Key

1. Positive comments and support from peers promote a healthy body image by boosting self-esteem and self-acceptance, making individuals feel valued and appreciated for who they are.
2. "Comparison culture" refers to the phenomenon of constantly comparing oneself to others, often leading to feelings of inadequacy or insecurity. It relates to peer pressure and body image because seeing peers who meet certain beauty standards can trigger such comparisons and insecurities.
3. [Student's description of a situation where media influenced perceptions of beauty and appearance]
4. Individuals can foster self-acceptance by promoting open communication, recognizing media influence, seeking positive influences, and seeking support from trusted adults.
5. Seeking support from trusted adults is important because they can provide guidance, perspective, and emotional support when struggling with body image issues.

