

Name \_\_\_\_\_

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

### Open-Ended Response Answer Key

1. [Student's personal response]
2. Open communication within peer groups about body image and insecurities can benefit by creating a supportive and understanding environment. It can promote self-acceptance by allowing friends to share their struggles and provide mutual support in overcoming insecurities.
3. [Student's reflection on media's impact on self-perception and strategies used to counteract unrealistic beauty standards]
4. [Student's advice to a friend struggling with negative body image]

