

Name _____

Body Image and Its Effects on Self-Esteem in Adolescents

Multiple Choice Questions

1. What is body image?
 - a) The way you see and feel about your body's appearance
 - b) The way you see and feel about your school
 - c) The way you see and feel about your friends
 - d) The way you see and feel about your favorite TV show

2. How can negative body image affect adolescents' self-esteem?
 - a) It can boost self-esteem
 - b) It has no effect on self-esteem
 - c) It can lead to low self-esteem
 - d) It makes adolescents feel confident

3. What is one emotional effect of negative body image?
 - a) Increased happiness
 - b) Emotional distress like sadness and anxiety
 - c) Strong self-confidence
 - d) Better social relationships

4. How can adolescents build a positive body image?
 - a) By practicing self-compassion, focusing on strengths, and limiting media influence
 - b) By avoiding friends and family who support them
 - c) By never talking to anyone about their body image concerns
 - d) By comparing themselves to unrealistic media images

5. Who can adolescents talk to if they're struggling with body image issues?
 - a) No one, they should keep it to themselves
 - b) A trusted adult like a parent or school counselor
 - c) Strangers on the internet
 - d) Only their friends

