

Name _____

Body Image and Its Effects on Self-Esteem in Adolescents

Short Answer

1. What factors influence body image in adolescents?
2. Name one emotional effect of negative body image.
3. How can adolescents limit media influence on their body image?
4. What should adolescents do if they're struggling with body image issues?
5. What is self-compassion, and why is it important in building a positive body image?

