

Name _____

Body Image and Its Effects on Self-Esteem in Adolescents

Open-Ended Response Questions

1. Can you share a personal experience or a story about how someone you know dealt with body image issues and its effects on self-esteem?
2. Why is it essential for adolescents to focus on their strengths rather than their perceived flaws when building a positive body image?
3. How can friends and family play a role in helping adolescents develop a positive body image?
4. Can you think of other strategies besides those mentioned in the article that might help adolescents build a positive body image?

