

Name _____

Body Image and Its Effects on Self-Esteem in Adolescents

Multiple Choice Answer Key

1. a) The way you see and feel about your body's appearance
2. c) It can lead to low self-esteem
3. b) Emotional distress like sadness and anxiety
4. a) By practicing self-compassion, focusing on strengths, and limiting media influence
5. b) A trusted adult like a parent or school counselor

