

Name _____

Body Image and Its Effects on Self-Esteem in Adolescents

Short Answer Key

1. Factors that influence body image in adolescents include media, peers, and societal expectations.
2. One emotional effect of negative body image is increased sadness and anxiety.
3. Adolescents can limit media influence on their body image by being mindful of the media they consume and remembering that many images are edited and not realistic.
4. Adolescents should talk to a trusted adult like a parent or school counselor if they're struggling with body image issues.
5. Self-compassion is being kind to oneself. It's important in building a positive body image because it helps adolescents treat themselves with the same kindness they would offer to a good friend.

