

Name _____

Body Image and Its Effects on Self-Esteem in Adolescents

Open-Ended Response Answer Key

1. (Personal Experience) I knew someone who struggled with body image issues during high school. She constantly compared herself to celebrities and felt like she didn't measure up. This made her avoid social situations, and she became very self-conscious. Over time, with the support of her friends and a counselor, she learned to appreciate herself for who she was, which greatly improved her self-esteem.
2. Focusing on strengths instead of perceived flaws is essential because it shifts the perspective from self-criticism to self-acceptance. It helps adolescents recognize their unique qualities and talents, boosting their self-esteem and confidence.
3. Friends and family can play a role in helping adolescents develop a positive body image by offering support and encouragement. They can emphasize the importance of inner qualities and provide a safe space for open conversations about self-esteem and body image issues.
4. Additional strategies to help adolescents build a positive body image include participating in activities that make them feel good about themselves, practicing mindfulness and self-care, and surrounding themselves with positive role models who promote self-acceptance.

