

Name _____

Understanding Body Image: How Does the Media Influence It?

Multiple Choice Questions

1. What is body image?

- a) A person's clothing style
- b) How a person perceives and feels about their own body
- c) A person's physical fitness level
- d) A person's favorite type of food

2. How can the media influence body image?

- a) By promoting diversity in beauty standards
- b) By showcasing real and unedited images of people
- c) By portraying unrealistic and idealized standards of beauty
- d) By encouraging self-acceptance and self-esteem

3. What is a positive body image?

- a) Accepting and appreciating one's body as it is
- b) Striving for an unrealistic standard of beauty
- c) Constantly comparing oneself to media ideals
- d) Believing that beauty comes in only one shape and size

4. What role does social media play in influencing body image?

- a) It promotes body positivity and self-acceptance.
- b) It showcases unfiltered and unedited images of people.
- c) It often features carefully curated and filtered images that may not reflect reality.
- d) It encourages critical thinking about media influence.

5. How can individuals combat the negative effects of media influence on body image?

- a) By accepting unrealistic beauty standards
- b) By comparing themselves to media ideals
- c) By developing media literacy skills and critical thinking
- d) By conforming to societal pressures

