

Name _____

Understanding Body Image: How Does the Media Influence It?

Short Answer

1. Explain the concept of media literacy and its importance in dealing with media influence on body image.
2. What are some potential consequences of a negative body image on a person's mental and physical health?
3. Provide an example of how the media often promotes unrealistic beauty standards.
4. How can individuals promote a positive body image in themselves and others?
5. Why is critical thinking essential when consuming media content related to body image?

