

Name _____

Navigating the Maze: Understanding Stress and Peer Pressure in Relation to Eating Disorders

Short Answer

1. What role does emotional coping play in the relationship between stress and eating disorders?
2. How can promoting positive body image help prevent eating disorders influenced by peer pressure?
3. What are some signs that may indicate a person is using food as a coping mechanism for stress?
4. Why is it essential for communities and schools to create environments that discourage body shaming and unrealistic beauty standards?
5. How can friends and family support an individual who may be experiencing the negative effects of peer pressure related to body image?

