

Name _____

Recognizing the Signs: How to Tell if Someone Has an Eating Disorder

Open-Ended Response Answer Key

1. Media influence can impact a person's body image by constantly portraying unrealistic beauty standards. This can lead to dissatisfaction with one's own body and contribute to the development of eating disorders as individuals strive to attain these ideals.
2. Approaching someone with care and concern is important because it creates a supportive environment where they may feel more comfortable discussing their struggles. Early intervention can positively impact recovery by preventing the condition from worsening.
3. Early intervention is crucial because it can prevent the physical and emotional consequences of eating disorders from becoming more severe. It also increases the chances of successful treatment and recovery, as the person can get help before the disorder becomes deeply ingrained.
4. Peer pressure can contribute to the development of eating disorders as individuals may feel pressured to conform to certain beauty standards or engage in unhealthy dieting behaviors. Resisting such pressure may require building self-esteem, body positivity, and seeking support from friends who promote healthy habits.

