

Name _____

Shine Bright: Embrace Your Beautiful Self

Open-Ended Response Answer Key

1. The poet believes it's important to challenge beauty standards because they can lead to unrealistic expectations and low self-esteem. Challenging these standards promotes self-acceptance and self-love.
2. Body positivity means embracing and loving your own body just the way it is, regardless of societal beauty norms or standards.
3. Answers may vary but could include practicing self-love, not comparing oneself to others, and promoting positive body image among friends and peers.
4. Answers may vary, but an example could be a celebrity who promotes body positivity and self-acceptance by showing their unretouched photos and speaking out against unrealistic beauty standards. This can have a positive impact on their followers and fans.

