

Name _____

Scrolling Through Influence: How Social Media Affects Peer Pressure and Self-Esteem

Multiple Choice Questions

1. What is "comparison culture" on social media?
 - a) A culture that encourages originality and uniqueness
 - b) A culture of sharing personal stories and experiences
 - c) A culture that presents idealized versions of people's lives, leading to comparisons
 - d) A culture focused on offline activities and events

2. What does FOMO stand for?
 - a) Fear of Moving On
 - b) Fear of Mixing Out
 - c) Fear of Meeting Others
 - d) Fear of Missing Out

3. Why can social media challenges be a source of peer pressure?
 - a) Because they are always safe and fun
 - b) Because they are never popular
 - c) Because they are usually educational
 - d) Because they can involve risky or unsafe behaviors

4. How can seeking validation through social media metrics impact self-esteem?
 - a) It can boost self-esteem and self-worth
 - b) It has no effect on self-esteem
 - c) It can lead to engaging in activities solely for online approval
 - d) It encourages self-confidence

5. What does the constant exposure to altered images on social media often lead to?
 - a) Higher self-esteem and self-worth
 - b) Realistic beauty standards
 - c) Self-esteem issues as individuals may feel they don't measure up
 - d) Authentic self-expression

