

Name _____

Eating Disorders in Young People: Unmasking the Numbers

Open-Ended Response Answer Key

1. Media portrayals of beauty standards can negatively impact young people's body image and self-esteem by promoting unrealistic ideals. This can lead to body dissatisfaction and disordered eating behaviors.
2. Educators should be aware of the signs of eating disorders in their students because they often spend a significant amount of time with them. They can provide support by recognizing the signs, offering a listening ear, and connecting students with appropriate resources.
3. Society can promote healthier body image by encouraging diversity and realistic portrayals of beauty in media and advertising. Education programs that focus on self-esteem and body positivity can also make a difference.
4. Peer influence plays a role in the development of eating disorders as young people may feel pressure to conform to certain beauty standards. To resist negative peer pressure, young people can build self-confidence, choose friends who promote healthy habits, and seek support from adults they trust.

