

## **Body Image Quiz**

### **True or false statements**

***(Please circle)***

1. Having a good body image means thinking that you are beautiful	<b>True/False</b>
2. Body image affects females only	<b>True/false</b>
3. Body image only affects young people	<b>True/False</b>
4. Body image is linked to self-esteem	<b>True/False</b>
5. Social media can impact on body image	<b>True/False</b>

## Answers

<p>1. Having a good body image means thinking that you are beautiful</p>	<p><b>False</b></p> <p>You are welcome to think this, however body image is more about appreciating your body for what it is and what it does.</p>
<p>2. Body image affects females only</p>	<p><b>False</b></p> <p>Men and boys are affected too. Less so than women but still at a significant level.</p>
<p>3. Body image only affects young people</p>	<p><b>False</b></p> <p>Findings have shown that body satisfaction does not improve as we move towards and into midlife.</p>
<p>4. Body image is linked to self-esteem</p>	<p><b>True</b></p> <p>Positive body image is linked to self esteem. Self-esteem is about how much you feel you are worth and how much you feel other people value you.</p>
<p>5. Social media can impact on body image</p>	<p><b>True</b></p> <p>The rise of social media now plays a central role in our lives. It influences body image and perception of beauty, exposing us to certain beauty standards and ways to look.</p>