



Quiz Answer Key

1. Self-esteem is:
 - a. how much people value themselves
 - b. how much pride people feel in themselves
 - c. how worthwhile people feel
 - d. all of the above
2. People with low self-esteem may:
 - a. have a hard time making friends
 - b. do poorly in school
 - c. have a poor body image
 - d. all of the above
3. True or false: When someone puts you down, it can affect your self-esteem.
4. True or false: A person's body image can affect his or her self-esteem.
5. True or false: A person's opinions, thoughts, and feelings about his or her own body and physical appearance is called body image.
6. True or false: Self-esteem is part of who you are and cannot be changed.
7. True or false: Exercising regularly can help improve self-esteem.
8. True or false: Helping other people can help you boost your own self-esteem.
9. Three things that can help boost self-esteem include:
 - a. View mistakes as learning opportunities
 - b. Don't accept anything less than perfection
 - c. Remind yourself that everyone excels at different things
 - d. Keep your opinions and ideas to yourself
 - e. Recognize what you can change and what you can't
10. True or false: Ideal media images of celebrities and their bodies can affect self-esteem.