1. Define each of the following terms.

**Self Esteem**

**Body Image**

1. Explain why it is desirable to have high self esteem.
2. Explain how each of the following **influences a Person’s Self-Esteem**.
3. Puberty and Development
4. Celebreties and Media Images
5. Families and School

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1. Share the **Five Tips for Improving Body Image**

a.

b.

c.

d.

e.

1. **Low Self Esteem and Negative Body Image**

a. List **three problems** that can be associated with this **.**

b. Give **three sources of help** for people who are struggling.