Quiz

Instructions: Answer each question.

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. Circle three things that can help boost self-esteem:
   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 people and their bodies can affect self-esteem.