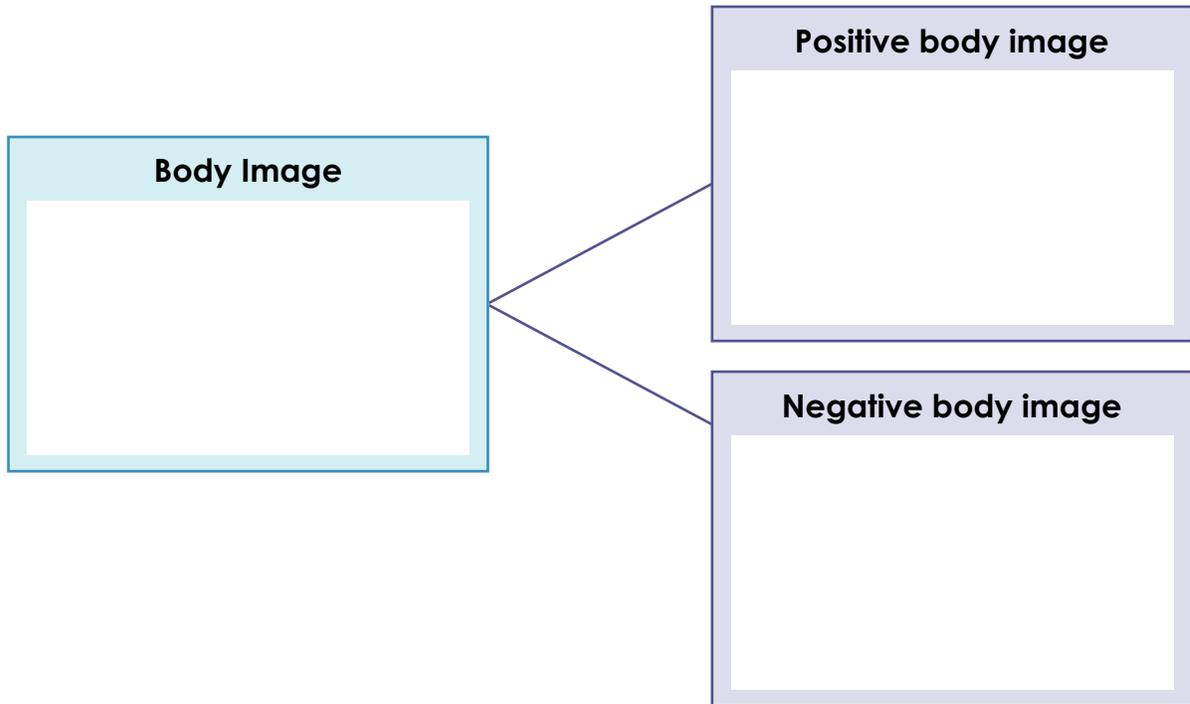


### What Is Body Image?

1. Fill in the following boxes with definitions of each term.



### Weight Prejudice

2. What is weight prejudice?

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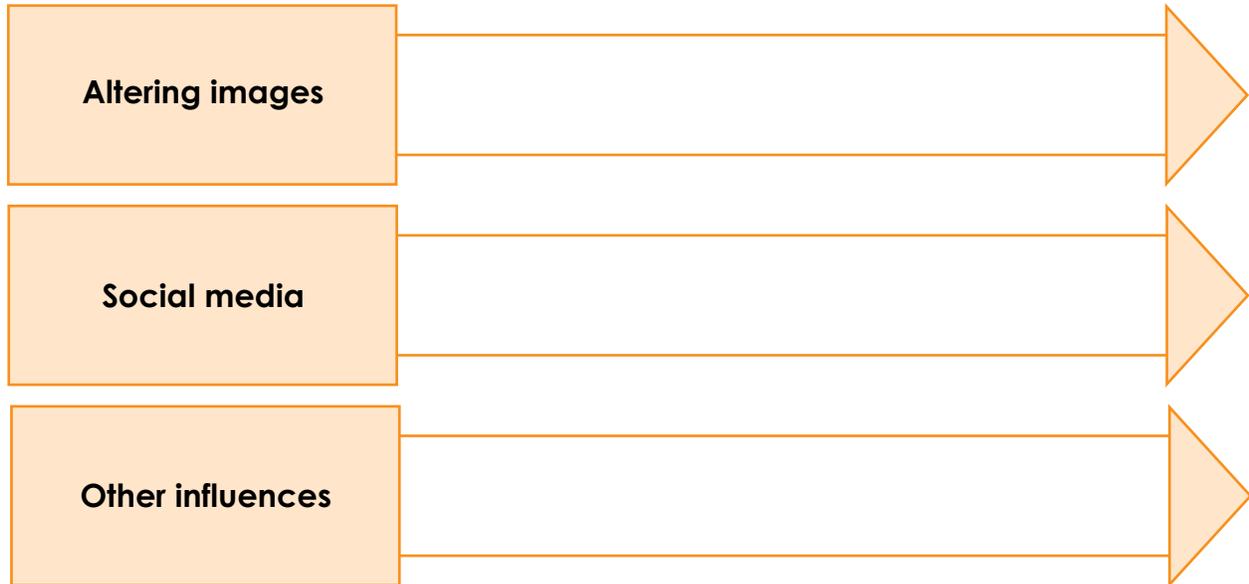
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3. What is one example of weight prejudice?

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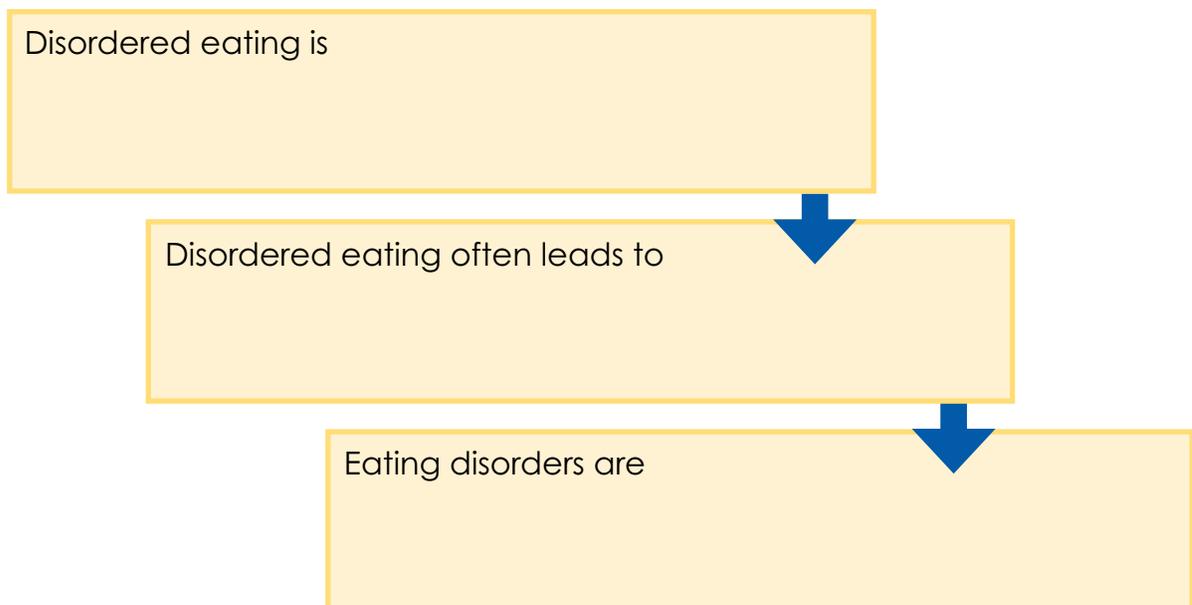
### Media Influences on the Body

4. Complete the following diagram by explaining how altered images, social media, and other influences play a role in body image.



### Disordered Eating and Eating Disorders

5. What is the difference between disordered eating and eating disorders? Complete the following chart to differentiate the two.



**Improving Your Body Image**

6. Complete the following diagram by writing one tip for improving body image in each box.

