

UNDERSTANDING MAIN IDEAS

What's the main idea of each paragraph? Write the number of each paragraph that contains the main ideas below.

- a _____ There is no simple answer. We all need to change the way we think.
- b _____ Body image problems also affect adults.
- c _____ Many people think they need to look the same as the people in the media.
- d 1 Many young people today are worried about their appearance.
- e _____ Some people think the media focuses too much on appearance.
- f _____ People can lose confidence if they compare themselves to the people in the media.

UNDERSTANDING STATISTICS

Are the following statements true or false, according to the information in the article? Circle **T** for true or **F** for false.

- 1 Most teenage girls in the United States believe they should be on a diet. **T** **F**
- 2 More than half of teenage boys in the United States are worried about their weight. **T** **F**
- 3 The average female model in the United States is 17 centimeters taller than the average woman. **T** **F**
- 4 In the United Kingdom, teenage girls spend more money on cosmetics than adults. **T** **F**

BUILDING VOCABULARY

A Choose the correct option to complete each sentence.

- 1 A big **issue** is an important _____ .
 - a problem
 - b solution
- 2 If you have low **self-esteem**, you are _____ in yourself.
 - a confident
 - b not confident
- 3 If you **withdraw** from something, you _____ it.
 - a continue to do
 - b stop doing
- 4 If you do something **properly**, you do it _____ .
 - a in a different way
 - b in the correct way
- 5 If you **avoid** hair loss, you do something to _____ .
 - a stop it from happening
 - b make it happen

B CRITICAL THINKING

Reflecting Do you think the media affects your **self-esteem**? If so, in what way?
What might be some other reasons people have low self-esteem?

I think the media affects how I feel about my clothing, for sure.

For me, it's not the media. Other people's opinions have a bigger influence on how I feel.