

QUESTIONS ON THE TEXTS ABOUT SELF-ESTEEM

Please, after you read the articles answer the following questions. Give short answers.

1. Why is self-esteem important?
2. Why is self-esteem similar to body image in the teenage years?
3. What is the main problem adolescents have about accepting themselves as they are?
4. Name three external influences that work against teenager's self-esteem
5. What can you do to have a good self-esteem?
6. How can we feel good about our bodies?

7. How can we get some help to build up our self-esteem?

8. What are the main changes in the bodies of teenagers?

9. What piece of advice would you give to a friend who has very low self-esteem?