Foundations 1E Quiz Questions Lesson 7.2

1. A large part of a young person’s self-image comes from their body image.

a. True

b. False

Answer: \_\_\_\_\_

2. Select the statement about self-image or self-esteem that is most accurate.

a. If other people don’t like you, you will have low self-esteem.

b. It is not easy to have high self-esteem when others don’t like you.

c. It is common to think well of yourself but have a weak self-image.

d. What you think other people think of you has little effect on your self-image.

Answer: \_\_\_\_\_

3. Knowing when to ask for help

a. shows weakness

b. shows good self-awareness

c. makes things worse than they were

d. means you want to stay in your comfort zone

Answer: \_\_\_\_\_

4. Stephen tends to have low self-esteem. Predict which of the following is characteristic of Stephen’s daily life.

a. He goes on eating binges when he feels depressed.

b. He sleeps eight hours nearly every night.

c. He exercises when problems at school arise.

d. He turns to his friends when he needs advice about his health.

Answer: \_\_\_\_\_

5. Tricia’s new friends want her to join them in vaping with marijuana. Evaluate how Tricia’s level of self-esteem will affect her decision.

a. If Tricia has low self-esteem, she will separate from her new friends at once.

b. If Tricia has high self-esteem, she will do whatever she wants to do without worrying about the consequences.

c. If Tricia has high self-esteem, she will worry about what her new friends will think of her if she refuses to join them.

d. If Tricia has low self-esteem, she will lack the self-confidence to say no.

Answer: \_\_\_\_\_