

## Girls and body image - quiz

What does body image mean to you? Girls face pressure about their weight and appearance, which can affect your health. Try our quick health quiz to test your body image knowledge.

**1. How do you feel about the way your body looks?**

- A. Fine - you're satisfied with your body, most of the time.
- B. Okay - although there are parts of it you don't like very much.
- C. Bad - there are a couple of parts that you like, and the rest you hate

**2. What should the female body look like?**

- A. Thin and leggy.
- B. Lean and healthy
- C. This is a stupid question - female bodies come in all shapes and sizes.

**3. Are women supposed to have shapely hips and thighs?**

- A. Yes - a healthy woman is supposed to carry some fat on her hips and thighs.
- B. No - women should be thin in these places; if anything wobbles, it is important to diet.
- C. A bit - women should have a few curves, but hips and thighs look better when they're lean

**4. Do you avoid places like the beach, public pools or change rooms, because you don't want anyone to see your body?**

- A. Not at all
- B. Sometimes.
- C. All the time.

**5. Do you think you're fat?**

- A. Yes - you need to lose a few kilos.
- B. No - you're about the right weight for your height.
- C. Yes - even though your family and friends reckon you're thin.

**6. Do you crash diet to lose weight?**

- A. All the time - you can never be too thin.
- B. Never - crash dieting is bad for you.
- C. Sometimes - maybe to get slimmer for summer.

**7. How often do you weigh yourself?**

- A. Not very often.
- B. Every month or so.
- C. Every day, or a few times every week.

**8. Do you ever get depressed about the way your body looks?**

- A. All the time - life would be so much better if your body was beautiful.
- B. Not really - you're more interested in what your body can do (like sports) than what it looks like.
- C. Sometimes - especially if other people tease you, or you see someone else with a more attractive body than yours.

Calculate score

Your score is:

**Score 8 to 12:**

It seems that your body image is in very poor shape. This is putting you at high risk of health problems like eating disorders or low self-esteem. If you feel depressed about your body, or if you start bingeing or fasting, it might be wise to get professional help.

**Score 13 to 18:**

Your body image seems a little shaky, and could do with some work. A negative body image develops over the course of your life, so changing it can take time and effort. Browse through the Better Health Channel articles on body image for ideas and suggestions on how to feel more loving and respectful towards your body and your self.

**Score 19 to 24:** Congratulations, it seems that you have a positive body image. Your healthy attitude is lowering your risk of problems like eating disorders. However, there's always room for improvement - you can further strengthen your positive body image by reading up on body image issues.

> Check the best answers.

**This page has been produced in consultation with, and approved by:**

Eating Disorders Foundation of Victoria

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