

Body Image Quiz

1. 60% of adults report that they feel ashamed of the way they look – **True** (Reflections of Body Image report; All Party Parliamentary Group on Body Image, 2012)
2. One third of men would sacrifice a year of their life to achieve their ideal body **True** (Reflections of Body Image report; All Party Parliamentary Group on Body Image, 2012)
3. 70% of girls and young women believe that TV and magazines focus too much on what women look like rather than what they achieve – **False** 90% (Girl Guiding UK report 2013)
4. One in five girls of primary school age say they have been on a diet – **True** (Girl Guiding UK report 2013)
5. 38 per cent of girls aged 11-to-21 say they have sometimes skipped meals to help lose weight **True** (Girl Guiding UK report 2013)
6. 30% of pupils said there were lots of things about themselves that they would like to change. **False** 40% (Wolverhampton HRBS 2014, 12 – 15 year olds)
7. 28% of boys and 51% of girls said they would like to lose weight. **True** (Wolverhampton HRBS 2014, 12 – 15 year olds)
8. Given the choice of three different female body types, both men and women rated a curvy body as the best. **True!** (BBC Newsbeat study)