

What does the term *BIGOREXIA* mean?

What stuck out to you in the article *BIGOREXIA*?

What negative impacts can the obsession with muscular bodies have on young men?

Reflect on your own experiences with body image and the pressure to have a perfect body. How has social media influenced your perception of yourself?

Do you think people want the "perfect body" for themselves or for approval from others?

Think about the role models you have in your life and how they may influence your ideas about body image. Are there any unrealistic body ideals that you feel pressured to meet?

Consider the impact of social media on your self-esteem and well-being. How do you navigate the constant exposure to idealized bodies online? What strategies do you use to maintain a healthy body image?

In the article, they said "Girls discuss those (online) pressures more," in reference to discussing body image issues. Is discussing body image issues considered more socially acceptable for girls than boys in your opinion?

Why do people workout? To be healthy or to look healthy?

Have you heard of looksmaxxing? What are the dangers of it?