

Self Esteem Quiz

1. In 2016, what was the total revenue for Fitness and Sports Centres in Canada?
 - a. 1.2 billion
 - b. 3.6 billion
 - c. 10.2 billion
2. How many adults in Canada are obese?
 - a. 1 in 4
 - b. 1 in 20
 - c. 1 in 8
3. According to Dove's Self Esteem project, what percentage of girls, globally, are so concerned with the way they look that they avoid participating in a range of activities?
 - a. 32%
 - b. 15%
 - c. 60%
4. True or false? Smiling releases endorphins and makes you feel good.
5. In the Canadian Community Health Survey 2016, who was more likely to have used illicit drugs in the previous year - men or women?
6. In a 2008 Public Health Agency of Canada report, 36% of girls in Grade 6 say they are self-confident. What do you think the figure was for Grade 10 girls?
 - a. 53%
 - b. 14%
 - c. 72%
7. The same report showed a continual decline in the 'rating out of 10' that girls gave **for life** as they moved through from Grade 6 to Grade 10 - between which grades was the biggest decline shown to be?
 - a. Grade 6 to 7
 - b. Grade 8 to 9
 - c. Grade 11 to 12
8. Who is more likely to suffer from an eating disorder - men or women?