

Name:

Kopie von: Teenage problems - Muscle dysmorphia



### Disclaimer

The following tasks and articles are about the topic of „muscle dysmorphia“. If you struggle with an muscle dysmorphia yourself or you know someone who does, seek help with a professional or contact a consulting service. The German hotline for muscle dysmorphia can be contacted under the phone number +49221892031.

- ① **Read the article or watch the video** given in the link below. Use your own words to **write down a short definition** of the term „muscle dysmorphia“

Article: <https://t1p.de/1au8c>

Video: <https://t1p.de/z8y7z>

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- ② **Skim the articles** given in the link below. **Write down three statistics** about the eating disorders and how the problem has changed over time.

(<https://t1p.de/vw13o>) + (<https://t1p.de/fwr0d>)

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- ③ **Read the article below. Write down** the **problems** men are facing when it comes to getting help with eating disorders or bigorexia. (<https://t1p.de/elf8m>)

- ④ **Reflect** on the topic of muscle dysmorphia yourself. Do you personally struggle with muscle dysmorphia or know someone who might? Are you happy with the way you look right now and do you feel healthy? Do you wish to be more muscular?