

Name: _____

BANA Vocabulary

Match the word with the correct definition



Competent _____

Confidence _____

Body Satisfaction _____

Value _____

Body Image _____

Assertiveness _____

Role Model _____

Self-Talk _____

Self-Esteem _____

Significant Others _____

Social Media _____

Worthwhile or Self-Worth _____

Media _____

a.	Important people in your lives (ex. peers, parents, teachers).
b.	The mental image of one's own body (how you feel about the way you look).
c.	The main means of mass communication (especially television, radio, newspapers, and the Internet).
d.	A person looked to by others as an example to be imitated.
e.	The act or practice of talking to oneself, either aloud or silently and mentally.
f.	The thought that you are a meaningful and worthy individual.
g.	The value placed on one's own worth or abilities.
h.	Facebook, Twitter, Instagram, and all other applications that enable users to create and share content or to participate in social networking.
i.	The worth of something, or giving someone or something a worth you think it deserves.
j.	Being self-assured and confident without being aggressive (a mode of communication).
k.	A feeling of self-assurance arising from one's appreciation of one's own abilities or qualities.
l.	Feeling good or being happy about the way your body looks.
m.	Having the necessary ability, knowledge, or skill to do something successfully.