

## 2. Leistungstest aus dem Englischen

Name: \_\_\_\_\_

Stoff: Unit 2-3

### I. Reading Comprehension

Read through the article below and answer all questions accordingly



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#### Body image in childhood

##### How comfortable are children and young people with their bodies?

While exact estimates vary, depending on how body image is measured, concern and worries about appearance are commonplace among young people. One survey of 11–16-year-olds in the UK by Be Real found that 79% said how they look is important to them, and over half (52%) often worry about how they look. In our survey of young people aged 13–19, 35% said their body image causes them to ‘often’ or ‘always’ worry.

While body image concerns affect both boys and girls, there is research to suggest that girls are more likely to be dissatisfied with their appearance and their weight than boys. In our survey, 46% of girls reported that their body image causes them to worry ‘often’ or ‘always’ compared to 25% of boys. Body image concerns can also affect very young children. One review found studies identifying body dissatisfaction in children under the age of six, though estimates of the degree of dissatisfaction varied widely depending on how it was measured. Young people also tell us that body image is a substantial concern, with 16–25-year-olds identifying it as the third biggest challenge currently causing harm to young people, with lack of employment opportunities and failure to succeed within the education system being the first two.

##### How does body image affect children and young people?

In young people, body dissatisfaction has been linked to risk-taking behaviours and mental health problems. One survey of UK adolescents by Be Real found that 36% agreed they would do ‘whatever it took’ to look good, with 57% saying they had considered going on a diet, and 10% saying they had considered cosmetic surgery. Among secondary school boys, 10% said they would consider taking steroids to achieve their goals.

Poor body image may also prevent young people from engaging in healthy behaviours, with some studies finding that children with poorer body image are less likely to take part in

physical activity (5,28) and survey data from Be Real finding that 36% of girls and 24% of boys report avoiding taking part in activities like physical education due to worries about their appearance.

Among adolescents, research has found that those with greater body appreciation are less likely to diet or use alcohol or cigarettes.

Body dissatisfaction and a pressure to be thin have been linked to depressive symptoms and symptoms of anxiety disorders such as social anxiety or panic disorder, particularly in those children who do not match societal views of the 'ideal body'. Some studies have found that weight and body mass index (BMI) are correlated with body dissatisfaction, with youth people who are overweight or obese reporting greater depressive symptoms and lower self-esteem than their peers.

Research conducted with young women also found a higher likelihood of suicidal thoughts among those women who reported extreme weight control behaviours (e.g. taking diet pills, diuretics or laxatives), with an additional study suggesting that body image concerns may be a risk factor for self-harm behaviour among young people who are experiencing emotional difficulties.

### **What affects body image in childhood? Body ideal internalisation**

One common contributor to poor body image is feeling a pressure to live up to an 'ideal' body type or appearance and feeling shame or other uncomfortable emotions when we perceive ourselves as not meeting this standard. Internalisation of this ideal has been linked to body dissatisfaction and disordered eating and depressive symptoms in children and young people. These distressing emotions were reflected in our survey, where 37% of young people said they felt upset, and 31% said they felt ashamed in relation to their body image.

This ideal tends to be different between genders. Young women often report feeling a pressure to be thin, but to still maintain curves, whereas young men often report pressure to be tall and muscular. Children who rejected appearance-related ideals reported being more confident about their appearance and were least likely to report body image concerns.

How young people develop their sense of 'ideal' appearance is varied, but young people themselves identify the media, pressure from family and friends, comparisons with peers, and personal factors like low self-esteem, feelings of depression, and a need for control as important influences on their own body image.

### **The media and social media**

One commonly researched influence on body image is exposure to unrealistic 'ideal' bodies through film, television, magazines, advertising and social media. Exposure to these images is thought to facilitate the valuing of these 'ideal' and unrealistic body types. One study, which followed 14- and 15-year-olds over three years, found that internalisation of these 'ideal' body shapes as presented in the media predicted negative emotions about appearance, which in turn predicted unhealthy eating behaviours. In our survey, 25% of young people (13% of boys and 37% of girls) said celebrities have caused them to worry in relation to their body image, and 19% (10% of boys and 28% of girls) said TV shows caused them to worry in relation to their body image.

Using more social media has also been linked to children and young people feeling less satisfied with their bodies. In our survey, 40% of young people (26% of boys and 54% of girls) said that images on social media have caused them to worry in relation to their body image. One possible explanation for this is that social media allows for negative comparisons with others based on appearance. This is something that has consistently been linked to body

dissatisfaction. There are some studies that suggest time spent on social media is linked to frequency of appearance-related comparisons and peer competition, which in turn may be linked to body dissatisfaction and mental health.

### Parents and family members

The influence of the media on body image may be lessened by parental behaviour. One study found that the relationship between social media use and body dissatisfaction was weaker for those adolescents that had more positive maternal relationships, and another found that the children of parents who reported greater control over time spent on social media reported spending less time online, making fewer appearance-related comparisons, and having better overall mental health. Parents and family can also have a negative effect on children's body image and increase the likelihood of difficulties in this area. One study of adolescent girls found that over half had experienced weight-based teasing from family members, particularly girls who weighed more, and these experiences were related to higher levels of body dissatisfaction and unhealthy eating behaviour. This was also reflected in our survey, where 29% of young people (21% of boys and 37% of girls) agreed that things their family said have caused them to worry in relation to their body image. This extends to the way that parents think, act and speak about their own bodies as well as their children's bodies. Reviews of the research suggest that parents can affect their children's body image in both direct ways (comments or criticisms about weight and appearance) and more indirect ways (parental eating behaviours, and attitudes toward their own bodies and appearance).

### Peers

As children grow older, their peers begin to play more of a role in reinforcing what an ideal body looks like. This can be through pressure from friends to feel accepted. In our survey, 40% of young people (37% of boys and 42% of girls) agreed that things their friends have said have caused them to worry in relation to their body image. Another survey found that 68% of boys cited friends as a source of pressure to look good.

The ways in which adolescents' bodies change during puberty (a time of change in body height, weight and shape), how this compares with their peers, and how it compares to their own ideas of what an 'ideal' body looks like (which, in turn, can be influenced by the factors outlined above) will therefore affect body image. This may especially be the case for girls who mature earlier than their peers, and boys who mature later than their peers.

The influence of peers can also be felt through bullying. A survey by Be Real of UK 11–16-year-olds found that over half of young people had experienced appearance-based bullying, with 40% of those young people experiencing bullying at least once a week, and 54% saying the bullying had started by age 10. Children who do not match body ideals may be more likely to be the target of bullying. One review of the research found that young people who are overweight or obese are more likely to be subject to bullying than their peers.

Appearance-based bullying can be detrimental to children's mental health and body image. Adolescents who were cyberbullied were twice as likely to consider themselves 'too fat' and, of those who were bullied about their appearance, 53% felt anxious and 29% felt depressed. In contrast, having supportive friendships may be a protective influence. Some studies have found support for strong friendships being associated with decreased body dissatisfaction. However, children who are already feeling down about their bodies may perceive their peers as having a greater influence, particularly as self-esteem and body image are closely linked.

[taken from: <https://www.mentalhealth.org.uk/publications/body-image-report/childhood> ; it has been slightly altered for the purpose of this exercise]

**a) Decide whether the following statement is true (T), false (F), or not in the text (NT)**

1. Dissatisfactions with one's own body image are not unusual among youth.  
 T       F       NT
2. Less than  $\frac{3}{4}$  of 11-16-year-olds say that their look is important to them.  
 T       F       NT
3. Many boys also worry about their weight.  
 T       F       NT
4. The phenomenon of body dissatisfaction among children under the age of six is very severe and widespread.  
 T       F       NT
5. More than half of all adolescents surveyed reported that they had thought about going on a diet.  
 T       F       NT
6. Appreciating one's own body is not related to how much alcohol one drinks.  
 T       F       NT
7. Slightly less than  $\frac{1}{3}$  of adolescents surveyed reported that they felt ashamed in relation to their body image.  
 T       F       NT
8. Exposure to body image ideals in media strengthens ideal and unrealistic body types.  
 T       F       NT
9. The majority of young people surveyed said that social media had had a bad influence on them in regard to their own body image.  
 T       F       NT
10. One study found that those who had more positive paternal relationships were less likely to show a strong relationship between social media use and body dissatisfaction.  
 T       F       NT
11. Parents can also have a bad influence on their child's body image.  
 T       F       NT
12. Having good friends can reduce body dissatisfaction.  
 T       F       NT

**b) Answer the questions below. Use short answers. Each answer is worth 2 points**

1. Concerns about one's body image rank number three among the biggest challenges reported by 16-25-year-olds. What ranks number one and two?

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2. How does the ideal body image differ between young women and men?

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3. What kind of children were / are less likely to be concerned about their body image?

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4. How do some parents negatively influence their child's body image in an indirect way?

\_\_\_\_/20

## II. Grammar Revision

**Below you see a text about racism in Germany which contains 20 mistakes. Underline / Circle each mistake, attach a number to it (1-30) and correct the mistake accordingly. Note: Some words like e.g. "analyze" (BE: analyse) or "color" (BE: colour) are written in American English and do therefore not constitute mistakes**

### Racism in Germany is part of everyday life

Most Germans recognize that racism exists in their society, affect not only minorities but everybody which lives here. The country's first National Discrimination and Racism report has founded some surprising results.

Has you ever been a victim of racism? In a recent survey, 22% of people live in Germany answered "yes" to this Question. Researchers from the German Center for Integration and Migration Research (DeZIM) conducted 5,000 telephone interviews from April to August 2021. They also analyzed media coverage, academic papers and legal documents.

Their findings are published in the institute's first nationwide study National Discrimination and Racism Monitor (NaDiRa), which director Naika Foroutan presented on Thursday in Berlin.

"We were really surprised that 90% said here is racism in Germany," she said, adding that the researchers were also surprised that about half agreed with the statement "We live in a racist society." That indicate people have a awareness of institutional and structural racism, she said. The study focused at attitudes toward six groups: Jews, Muslims, Sinti and Roma, Black people, Asians and Eastern Europeans. It found that people experienced discrimination based on their skin and haircolor, but also because they wore a headscarf or had a foreign-sounding name.

The report also discuss phenomena the study team described as "gradation" in relation to discrimination. For example, when it comes to discrimination in the labor or housing market, the researchers found that "when it affect Jews or Black people, it is more likely to be described as racist as when it involves Sinti and Roma or Muslims."

Almost half of the respondents said they believed that human "races" exist, despite this having long been debunked by science. This view will be held disproportionately by older participants in the survey. One-third of respondents said they believed that in general certain ethnic groups were industriouser than others.

One-third of these surveyed said victims of racism were "oversensitive." About 45% said they believed that "political correctness" and opposition to racism restricted freedom of expression. While the mayority in Germany recognizes that racism exists, it is seen as part of everyday life. Almost 65% of people in Germany assume that state authorities practice racist discrimination.

### Racism cuts across all social groups

"Acknowledging racism do not mean that you are anti-racist," Foroutan said. And those who experience racism "doesn't behave any less racist" than others.

Racism is not a question from education or origin, and victims of racism can also be perpetrators, the researchers found.

It is more a matter of hierarchy, observed Foroutan, who sees parallels to the findings in gender research. “Racism and sexism theoretically play out on the same level,” she concluded. Family Minister Lisa Paus, a Green party politician, described the results of the report as in part “shocking.”

The study found that a higher level of formal education does not protect against racist discrimination.

“So racism has nothing to do with successful integration,” the family minister concluded. 70% of those surveyed said they were willing taking action against racism. Young people in particular are committed to combating racism and less likely to accept it, Foroutan explained. “Germany knows about its racism problem,” said the Federal Government Commissioner for Racism, Reem Alabali-Radovan, of the Social Democratic Party, after the publication of the report. The Racism Monitor is an important step toward change, she added.

On the press conference, Family Minister Paus stressed that she expected the planned Democracy Promotion Act to provide “more permanent structures for civil society engagement against extremism and racism.”

The National Discrimination and Racism Monitor was intended to provide a database and benchmark for policymakers to take action to combat racism. A fresh survey is to be conducted every two years, provided that the budget committee approves funding for it.

[taken from: <https://www.infomigrants.net/en/post/40350/racism-in-germany-is-part-of-everyday-life> ; it has been slightly altered for the purpose of this exercise]

1.	16.
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15.	30.

\_\_\_/30

### III. Translation

Translate the following paragraph from task 1 (Reading Comprehension) into German

Use an extra sheet

[...] The influence of the media on body image may be lessened by parental behaviour. One study found that the relationship between social media use and body dissatisfaction was weaker for those adolescents that had more positive maternal relationships; and another found that the children of parents who reported greater control over time spent on social media reported spending less time online, making fewer appearance-related comparisons, and having better overall mental health. [...]



\_\_\_\_/10

Total \_\_\_\_/60



**Good luck !**

## Lösung: 2. Leistungstest aus dem Englischen

### I. Reading Comprehension

Read through the article (siehe Aufgabenstellung Reading Comprehension) and answer all questions accordingly

a) Decide whether the following statement is true (T), false (F) or not in the text (NT)

1. Dissatisfactions with one's own body image are not unusual among youth.

T       F       NT

2. Less than  $\frac{3}{4}$  of 11-16-year-olds say that their look is important to them.

T       F       NT

*Tipps & Tricks: 79% sind mehr als  $\frac{3}{4}$  nicht weniger.*

3. Many boys also worry about their weight.

T       F       NT

*Tipps & Tricks: Zwar ist die Anzahl der Mädchen, die sich um ihr Gewicht sorgen, höher, dies bedeutet aber nicht, dass dies bei den Jungen nicht auch so ist (zumindest bei 25%).*

4. The phenomenon of body dissatisfaction among children under the age of six is very severe and widespread.

T       F       NT

*Tipps & Tricks: Zwar wurde dieses Phänomen beobachtet, allerdings kann aufgrund unterschiedlicher Messtechniken keine eindeutige Aussage getroffen werden.*

5. More than half of all adolescents surveyed reported that they had thought about going on a diet.

T       F       NT

6. Appreciating one's own body is not related to how much alcohol one drinks.

T       F       NT

7. Slightly less than  $\frac{1}{3}$  of adolescents surveyed reported that they felt ashamed in relation to their body image.

T       F       NT

8. Exposure to body image ideals in media strengthens ideal and unrealistic body types.

T       F       NT

9. The majority of young people surveyed said that social media had had a bad influence on them in regard to their own body image.

T       F       NT

*Tipps & Tricks: Die Rede ist von 40%, also weniger als die Hälfte und somit nicht die Mehrheit (majority).*

10. One study found that those who had more positive paternal relationships were less likely to show a strong relationship between social media use and body dissatisfaction.

T       F       NT

*Tipps & Tricks: Im Text ist die Rede von MATERNAL, nicht PATERNAL. Über eine gute väterliche Beziehung wird keine Aussage getroffen.*

11. Parents can also have a bad influence on their child's body image.

✓ T       F       NT

12. Having good friends can reduce body dissatisfaction.

✓ T       F       NT

**b) Answer the questions below. Use short answers. Each answer is worth 2 points**

1. Concerns about one's body image rank number three among the biggest challenges reported by 16-25-year-olds. What ranks number one and two?

*Lack of employment opportunities and failure to succeed within the education system.*

2. How does the ideal body image differ between young women and men?

*Women want to be thin but maintain curves, men want to be tall and muscular.*

3. What kind of children were / are less likely to be concerned about their body image?

*Those who reject/ed appearance-related ideals.*

4. How do some parents negatively influence their child's body image in an indirect way?

*Parental eating behaviours, and attitudes toward their own bodies and appearance.*

## II. Grammar Revision

**Below you see an original text about racism in Germany which contains 20 mistakes. Underline / Circle each mistake, attach a number to it (1-30) and correct the mistake accordingly. Note: Some words like e.g. "analyze" (BE: analyse) or "color" (BE: colour) are written in American English and do therefore not constitute mistakes**

### Racism in Germany is part of everyday life

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**Has 5** you ever been a victim of racism? In a recent survey, 22% of people **live 6** in Germany answered "yes" to this **Question 7**. Researchers from the German Center for Integration and Migration Research (DeZIM) conducted 5,000 telephone interviews from April to August 2021. They also analyzed media coverage, academic papers and legal documents.

Their findings **are 8** published in the institute's first nationwide study National Discrimination and Racism Monitor (NaDiRa), which director Naika Foroutan presented on Thursday in Berlin.

"We were really surprised that 90% said **here 9** is racism in Germany," she said, adding that the researchers were also surprised that about half agreed with the statement "We live in a racist society." That **indicate 10** people have **a 11** awareness of institutional and structural racism, she said.

The study focused **at 12** attitudes toward six groups: Jews, Muslims, Sinti and Roma, Black people, Asians and Eastern Europeans. It found that people **experienced 13** discrimination based on their skin and **haircolor 14**, but also because they wore a headscarf or had a foreign-sounding name.

The report also **discuss 15** phenomena the study team described as “gradation” in relation to discrimination. For example, when it comes to discrimination in the labor or housing market, the researchers found that “when it **affect 16** Jews or Black people, it is more likely to be described as racist **as 17** when it involves Sinti and Roma or Muslims.”

Almost half of the respondents said they believed that human “races” exist, despite this having long been debunked by science. This view **will be 18** held disproportionately by older participants in the survey. One-third of respondents said they believed that in general certain ethnic groups were **industriouiser 19** than others.

One-third of **these 20** surveyed said victims of racism were “oversensitive.” About 45% said they believed that “political correctness” and opposition to racism restricted freedom of expression.

While the **majority 21** in Germany recognizes that racism exists, it is seen as part of everyday life. Almost 65% of people in Germany assume that state authorities practice racist discrimination.

### **Racism cuts across all social groups**

“Acknowledging racism **do 22** not mean that you are anti-racist,” Foroutan said. And those who experience racism “**doesn’t 23** behave any less racist” than others.

Racism is not a question **from 24** education or origin, and victims of racism can also be perpetrators, the researchers found.

It is more a matter of hierarchy, observed **foroutan 25**, who sees parallels to the findings in gender research. “Racism and sexism theoretically play out on the same level,” she concluded. Family Minister Lisa Paus, a Green party politician, described the results of the report as in part “shocking.”

The study found that a higher level of formal education does not protect against racist discrimination.

“So racism has nothing to do with **successful 26** integration,” the family minister concluded. 70% of those surveyed said they were willing **taking 27** action against racism. Young people in particular are committed to combating racism and less likely to accept it, Foroutan explained.

“Germany knows about its racism problem,” said the Federal Government Commissioner for Racism, Reem Alabali-Radovan, of the Social Democratic Party, after the publication of the report. The Racism Monitor is an important **stepp 28** toward change, she added.

**On 29** the press conference, Family Minister Paus stressed that she expected the planned Democracy Promotion Act to provide “more permanent structures for civil society engagement against extremism and racism.”

The National Discrimination and Racism Monitor **was 30** intended to provide a database and benchmark for policymakers to take action to combat racism. A fresh survey is to be conducted every two years, provided that the budget committee approves funding for it.

[taken from: <https://www.infomigrants.net/en/post/40350/racism-in-germany-is-part-of-everyday-life> ; it has been slightly altered for the purpose of this exercise]

1. <b>Germans</b> ( <i>T&amp;T: Länder, Nationalitäten, etc. immer groß schreiben</i> )	16. <b>affects</b>
2. <b>affecting</b>	17. <b>than</b>
3. <b>who</b> ( <i>T&amp;T: bei Personen immer „who“</i> )	18. <b>was</b> ( <i>T&amp;T: Die Studie fand ja schon statt</i> )
4. <b>found</b>	19. <b>more industrious</b> ( <i>T&amp;T: bei Adjektiven mit i.d.R. mehr als 2 Silben steigert man nicht mit „er/est“</i> )
5. <b>Have</b>	20. <b>those</b>
6. <b>living</b>	21. <b>majority</b>
7. <b>question</b>	22. <b>does</b>
8. <b>were</b> ( <i>T&amp;T: Die Ergebnisse wurden ja schon veröffentlicht</i> )	23. <b>don't</b>
9. <b>there</b>	24. <b>of</b>
10. <b>indicates</b>	25. <b>Foroutan</b> ( <i>T&amp;T: Eigennamen immer groß</i> )
11. <b>an</b>	26. <b>successful</b>
12. <b>on</b>	27. <b>to take</b> ( <i>T&amp;T: Infinitiv mit „to“</i> )
13. <b>experienced</b>	28. <b>step</b>
14. <b>hair color // hair colour</b>	29. <b>At</b>
15. <b>discusses</b> ( <i>T&amp;T: He/She/It das „s“ muss mit</i> )	30. <b>is</b>

### 3. Translation

Translate the following paragraph from task 1 (Reading Comprehension) into German

[...] The influence of the media on body image may be lessened by parental behaviour. One study found that the relationship between social media use and body dissatisfaction was weaker for those adolescents that had more positive maternal relationships; and another found that the children of parents who reported greater control over time spent on social media reported spending less time online, making fewer appearance-related comparisons, and having better overall mental health. [...]

*Der Einfluss von Medien auf das (eigene) Körperbild kann durch das Verhalten der Eltern (eventuell) verringert werden. Eine Studie ergab, dass die Beziehung zwischen der Nutzung sozialer Medien und der Unzufriedenheit mit dem eigenen Körper, bei jenen Heranwachsenden / Jugendlichen schwächer (ausgeprägt) war, die positivere mütterliche Beziehungen hatten / die ein positiveres Verhältnis zur eigenen Mutter hatten; und eine andere (Studie) hat herausgefunden, dass Kinder von Eltern, die angaben, mehr zeitlicher Kontrolle (vonseiten der Eltern), die sie in sozialen Medien verbrachten ausgesetzt zu sein, (ebenso) weniger Zeit online verbrachten, weniger Vergleiche in Bezug auf das Aussehen anstellten und insgesamt / generell eine bessere psychische / mentale Gesundheit hatten.*

***Tipps & Tricks:** Es ist möglich, diesen Text auch freier zu übersetzen. Schrägstriche und Klammern sollen verschiedene Möglichkeiten (oder Ergänzungen) darstellen, diesen Text zu übersetzen.*