



Self Esteem

Health

Health Stats

- 49% say “Better Grades”
- 38% say “Losing Weight”
- 36% say “Bulking or toning up”
- 30% say “Better relationship with parents”
- 16% say “Fitting in with certain peers”
- 15% say “I like myself the way I am”

Journal Entry in your Comp. book:

- Now that you have seen the health stats regarding what teens say would make them feel better about themselves, write down in your journal what surprises you. Be ready to share with the class.

Self Esteem

- Refers to how much you respect yourself and like yourself.
- It also includes how you see or perceive yourself as a person.

Benefits of a High Self-Esteem

- Acceptance of Self
- You have a realistic view of your strengths and weaknesses
- You can keep a positive attitude even when you fail
- Research shows if you feel good about yourself, you will take better care of yourself

Risks of Low Self-Esteem

- Lack of respect for self
- Judging of self
- Hide insecurities by putting on an “act” for others
- Their “I can’t do that” make it hard for them to succeed
- Research shows that teens with low self-esteem are more likely to have moments of weakness than those who don’t

Improving Your Self-Esteem

- Don't base your self-esteem solely on other's opinions
- Focus on your accomplishments, talents, and contributions to family and friends.

Think About it...

- Take a moment and brainstorm in writing some ways that a person may improve their self-esteem.
- Be ready to discuss them.

Building Self-Esteem

- Make a list of your strengths and weaknesses
- Set ambitions, but realistic goals for yourself
- Do not be too hard on yourself
- Rely on your values
- Learn to accept compliments
- Look beyond your own concerns
- Do not focus too much on appearance