







## Self-Esteem Hotline

### Objectives:

Students will:

- Identify ways to improve their self-esteem

### Materials:

- Computer with Internet access
- “Self-Esteem Hotline” handout

### Class Time:

- 1 hour

### Activity:

Today we’re going to be volunteering at the school’s Self-Esteem Hotline. After reading the articles about self-esteem, we’re going to give advice to some callers. Remember: A positive attitude, healthy lifestyle choices, and a willingness to seek creative solutions make a great combination for good self-esteem.

### Extensions:

Write a 300-word essay on the effectiveness of either or both of these activities:

1. Develop your own feel-good mantra: Take a few moments each day to repeat a phrase over and over that makes you feel good about yourself. “I’m a kind person,” “I’m smart and I work hard,” “I take care of my body by making healthy choices” are just a few examples. You can even write down this mantra and display it in your home or locker to remind you of how special you really are.
2. Did you know that when you’re helping others, you end up helping yourself as well? Feeling like you’re making a difference and that your help is valued can do wonders to improve self-esteem. So get out there and volunteer your time. Try tutoring, helping an elderly neighbor, doing walk-a-thons, helping a classmate with a project, or cleaning out a local park! You’ll feel proud of yourself!

## Reproducible Materials

### Handout: Self-Esteem Hotline

[KidsHealth.org/classroom/9to12/personal/growing/selfesteem\\_handout1.pdf](http://KidsHealth.org/classroom/9to12/personal/growing/selfesteem_handout1.pdf)

### Quiz: Self-Esteem

[KidsHealth.org/classroom/9to12/personal/growing/selfesteem\\_quiz.pdf](http://KidsHealth.org/classroom/9to12/personal/growing/selfesteem_quiz.pdf)

### Answer Key: Self-Esteem

[KidsHealth.org/classroom/9to12/personal/growing/selfesteem\\_quiz\\_answers.pdf](http://KidsHealth.org/classroom/9to12/personal/growing/selfesteem_quiz_answers.pdf)



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

Date: \_\_\_\_\_

## Self-Esteem Hotline

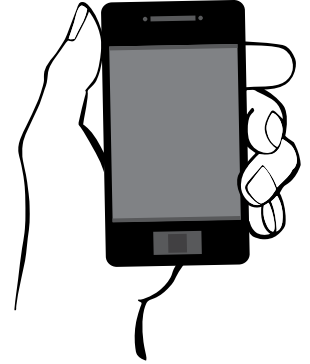
Directions: Give advice to each of the four callers on how to improve their self-esteem.

### Call 1

*"No matter what I do, I don't look like the girls in my magazines. I'm short, I have curly hair and my mom won't let me wear makeup or straighten my hair. I wish I could look as pretty as the models in my magazines. Any advice on how I can feel better about myself?"*

—Curly Sue

Dear Curly Sue,



---

---

---

---

---

---

---

---

---

---

### Call 2

*"My dad is really mad at me because I got a B- in math. I usually get A's, but I just started on the track team and I got a part-time job. Now my dad wants me to quit my job and the track team! I guess I can't do it all. Help!"*

—Running Scared

Dear Running Scared,

---

---

---

---

---

---

---

---

---

---



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

Date: \_\_\_\_\_

## Self-Esteem Hotline

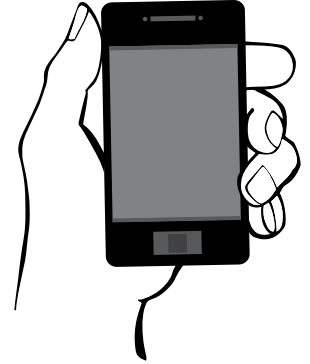
Directions: Give advice to each of the four callers on how to improve their self-esteem.

### Call 3

*"I tried out for the basketball team for the past 2 years and was cut both times. All my friends are on the team and now I have nothing to do after school. I used to think I was good at basketball, but I guess I really stink. Maybe I should just forget about sports."*

—Sports Skunk

Dear Sports Skunk,



---

---

---

---

---

---

---

---

---

---

### Call 4

*"I really want to go to college to be a nurse, but my grades haven't been so great this year. I probably can't get into nursing school. Nursing school is probably too hard anyway. What should I do?"*

—Non-Nurse

Dear Non-Nurse,

---

---

---

---

---

---

---

---

---

---



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

Date: \_\_\_\_\_

## Quiz

Instructions: Answer each question.

1. Self-esteem is:
  - a. how much people value themselves
  - b. how much pride people feel in themselves
  - c. how worthwhile people feel
  - d. all of the above
2. People with low self-esteem may:
  - a. have a hard time making friends
  - b. do poorly in school
  - c. have a poor body image
  - d. all of the above
3. True or false: When someone puts you down, it can affect your self-esteem.
4. True or false: A person's body image can affect his or her self-esteem.
5. True or false: A person's opinions, thoughts, and feelings about his or her own body and physical appearance is called body image.
6. True or false: Self-esteem is part of who you are and cannot be changed.
7. True or false: Exercising regularly can help improve self-esteem.
8. True or false: Helping other people can help you boost your own self-esteem.



## Quiz Answer Key

1. Self-esteem is:
  - a. how much people value themselves
  - b. how much pride people feel in themselves
  - c. how worthwhile people feel
  - d. all of the above
2. People with low self-esteem may:
  - a. have a hard time making friends
  - b. do poorly in school
  - c. have a poor body image
  - d. all of the above
3. True or false: When someone puts you down, it can affect your self-esteem.
4. True or false: A person's body image can affect his or her self-esteem.
5. True or false: A person's opinions, thoughts, and feelings about his or her own body and physical appearance is called body image.
6. True or false: Self-esteem is part of who you are and cannot be changed.
7. True or false: Exercising regularly can help improve self-esteem.
8. True or false: Helping other people can help you boost your own self-esteem.