



Grades 9 to 12 • Personal Health Series **Self-Esteem**

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

Ouiz: Self-Esteem

KidsHealth.org/classroom/9to12/personal/growing/selfesteem_quiz.pdf

Answer Key: Self-Esteem

 $Kids Health.org/class room/9 to 12/personal/growing/selfesteem_quiz_answers.pdf$



KidsHealth.org is devoted to providing the latest children's health information. The site, which is widely recommended by educators, libraries, and school associations, has received the "Teachers' Choice Award for the Family" and the prestigious Pirelli Award for "Best Educational Media for Students." KidsHealth comes from the nonprofit Nemours Foundation. Check out www.KidsHealth.org to see the latest additions!





Name:	Date:			
Self-Esteem Hotline Directions: Give advice to each of the four callers on how to improve	e their self-esteem.			
sirections. One derice to each of the four editions on how to improve	, their sex esteem.			
"No matter what I do, I don't look like the girls in my magazines and my mom won't let me wear makeup or straighten my hair. It the models in my magazines. Any advice on how I can feel better about myse	I wish I could look as pretty as			
Dear Curly Sue,	—Curly Sue			
"My dad is really mad at me because I got a B- in math. I usually Now my dad wants me to quit my job and the track team! I gues		am and I got a part-time jol		
Dear Running Scared,	—Running	g Scared		





Name:	Date:			
Self-Esteem Hotline	P			
Directions: Give advice to each of the four callers on how to improve	their self-esteem.			
"I tried out for the basketball team for the past 2 years and was a are on the team and now I have nothing to do after school. I used basketball, but I guess I really stink. Maybe I should just forget about sports."				
Dear Sports Skunk,	—Sports Skunk			
"I really want to go to college to be a nurse, but my grades haven Nursing school is probably too hard anyway. What should I do?"		nto nursing school.		
Dear Non-Nurse,	—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, if 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, if can affect your self-esteem.
- 4. <u>True</u> or false: A person's body image can affect his or her self-esteem.
- 5. <u>True</u> 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. <u>True</u> or false: Exercising regularly can help improve self-esteem.
- 8. True or false: Helping other people can help you boost your own self-esteem.