



[KidsHealth.org/classroom](http://KidsHealth.org/classroom)

## Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

## Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use decision-making skills to enhance health.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

National Health Education Standards:  
[www.cdc.gov/healthyschools/sher/standards/index.htm](http://www.cdc.gov/healthyschools/sher/standards/index.htm)

When you picture yourself in your mind, what do you see? Do you feel good about who you are, how you see yourself, and how others see you? Feeling good about yourself affects how you act and live. These activities will help your students recognize the importance of having healthy self-esteem and learn ways to boost their own self-esteem.

## Related KidsHealth Links

### Articles for Teens:

#### Self-Esteem

[TeensHealth.org/en/teens/about-self-esteem.html](http://TeensHealth.org/en/teens/about-self-esteem.html)

#### How's Your Self-Esteem? (Quiz)

[TeensHealth.org/en/teens/self-esteem-quiz.html](http://TeensHealth.org/en/teens/self-esteem-quiz.html)

#### How Can I Improve My Self-Esteem?

[TeensHealth.org/en/teens/self-esteem.html](http://TeensHealth.org/en/teens/self-esteem.html)

#### Body Image and Self-Esteem

[TeensHealth.org/en/teens/body-image.html](http://TeensHealth.org/en/teens/body-image.html)

#### A Guys Guide to Body Image

[TeensHealth.org/en/teens/male-bodyimage.html](http://TeensHealth.org/en/teens/male-bodyimage.html)

#### Help! Is This My Body?

[TeensHealth.org/en/teens/help-body.html](http://TeensHealth.org/en/teens/help-body.html)

#### Be Your Best Self minisite

[TeensHealth.org/en/teens/center/best-self-center.html](http://TeensHealth.org/en/teens/center/best-self-center.html)

## Discussion Questions

*Note: The following questions are written in language appropriate for sharing with your students.*

1. What mental picture do you have of yourself? How do others perceive you? Are these perceptions similar?
2. What are self-image and self-esteem? How does your self-esteem develop? How does each affect the way you act and how others see and treat you?
3. How can having high self-esteem affect your life? How can having low self-esteem affect your life? Why do some teens have low self-esteem?
4. Has someone ever said something to you about the way you looked that hurt your feelings? How can family, friends, classmates, and teachers influence a person's self-esteem?
5. Can your self-esteem change? What kinds of things can you do to improve your self-esteem?



## Activities for Students

*Note: The following activities are written in language appropriate for sharing with your students.*

### Self-Esteem Upgrade

#### Objectives:

Students will:

- Learn the importance of healthy self-esteem
- Identify ways to improve self-esteem

#### Materials:

- Computer with Internet access
- Self-adhering notes

#### Time:

- A few minutes daily at home, over a 1-week period

#### Activity:

[Note to instructor: Write this heading and list on a board or chart paper;

***“People with high self-esteem:***

*Do better in school*

*Have an easier time making friends*

*Have better relationships with adults and peers*

*Are more likely to stick with something until they succeed*

*Feel more control of their lives*

*Find it easier to deal with disappointment*

*Enjoy life more”]*

There’s always room for improvement when it comes to self-esteem. For the next 7 days, take a few moments each evening to reflect positively on who you are, what you’ve accomplished during the day, and/or things that made you happy. Write these thoughts on notes and stick them to your mirror, door, bed, or another visible place. Read them aloud to yourself to remind yourself that you’re special, especially when the day didn’t go your way. After a week, reflect on how you feel about yourself.

#### Extensions:

1. Write an essay about what you think of the 7-day self-esteem-building experiment.
2. Think of someone you admire who has high self-esteem. What qualities about that person’s self-image impress you? How do you think that person developed high self-esteem? Share ideas with your classmates and decide if the person you chose is truly a good self-esteem hero.
3. Create a high self-esteem collage. Use pictures of yourself or photos of people from magazines or the Internet doing things that show qualities of high self-esteem, such as succeeding in school or athletics, enjoying time with friends, etc.



## 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 TeensHealth.org 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 an 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! This article on volunteering can help you find out what might be best for you: [TeensHealth.org/en/teens/volunteering.html](http://TeensHealth.org/en/teens/volunteering.html)

## Reproducible Materials

### Handout: Self-Esteem Hotline

[KidsHealth.org/classroom/9to12/personal/growing/self\\_esteem\\_handout1.pdf](http://KidsHealth.org/classroom/9to12/personal/growing/self_esteem_handout1.pdf)

### Quiz: Self-Esteem

[KidsHealth.org/classroom/9to12/personal/growing/self\\_esteem\\_quiz.pdf](http://KidsHealth.org/classroom/9to12/personal/growing/self_esteem_quiz.pdf)

### Answer Key: Self-Esteem

[KidsHealth.org/classroom/9to12/personal/growing/self\\_esteem\\_quiz\\_answers.pdf](http://KidsHealth.org/classroom/9to12/personal/growing/self_esteem_quiz_answers.pdf)



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

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

## Self-Esteem Hotline

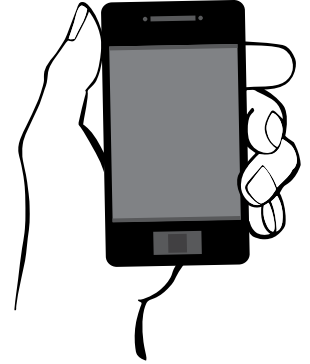
Directions: Give advice to each of the four callers on how to improve their self-esteem.

### 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,



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### Call 2

*"My dad is really mad at me because I got a C- in math. I usually get B'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,

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

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

## Self-Esteem Hotline

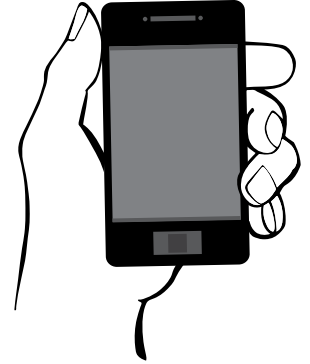
Directions: Give advice to each of the four callers on how to improve their self-esteem.

### 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,



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### 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,

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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.
9. Circle three things that can help boost self-esteem:
  - a. View mistakes as learning opportunities
  - b. Don't accept anything less than perfection
  - c. Remind yourself that everyone excels at different things
  - d. Keep your opinions and ideas to yourself
  - e. Recognize what you can change and what you can't
10. True or false: Ideal media images of people and their bodies can affect self-esteem.



## Quiz Answer Key

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8. True or false: Helping other people can help you boost your own self-esteem.
9. Three things that can help boost self-esteem include:
  - a. View mistakes as learning opportunities
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  - c. Remind yourself that everyone excels at different things
  - d. Keep your opinions and ideas to yourself
  - e. Recognize what you can change and what you can't
10. True or false: Ideal media images of celebrities and their bodies can affect self-esteem.