

Session 5 – Self-esteem: Feeling Good About Me!

Activity 2 – Is It Easy? Is It Hard?

For each of us, some things are harder to do than others. Read the items below. Mark them easy, medium, or hard.

	Easy	Medium	Hard
1. Giving an oral report in front of the whole class?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Trying out for something, like a play or a sports team?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Being friends with someone who is unpopular?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Walking up to someone you don't know and starting a conversation?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Sticking up for a friend when others are gossiping about him or her?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Giving an answer in class that you think may be wrong?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Insisting on being treated with respect by others?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Wearing something that you know your friends won't like?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Refusing to get into a car when the driver has been drinking?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Expressing an opinion you think nobody will agree with?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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Activity 3 – Happy?

How happy are you with yourself? For each item, mark the appropriate column.

		Very happy	Somewhat happy	Not very happy	Not at all happy
1	My hair				
2	My looks				
3	My smile				
4	My honesty				
5	My grades				
6	My fairness				
7	My sports ability				
8	My kindness				
9	My willingness to try new things				
10	How I get along with my family				
11	How I get along with my peers				
12	My ability to stand up for myself				
13	My popularity with peers				
14	How I get along with my teachers				
15	How I handle disappointment				

Look over your list. Did you mark a lot of things as happy? If so, you probably feel pretty good about yourself. Did you mark a few as not very happy? Look at the things you're not happy with. Think about why you're not happy with them. Is there anything you could do to help yourself feel better?

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Activity 4 – Myself

Parent/Adolescent Time:

Sit beside your child and have him or her read this poem to you. Together, discuss the message. Talk with your child for at least 20 minutes. Talk about some of your experiences.

Myself

I have to live with myself, and so
I want to be fit for myself to know.
I want to be able as the days go by,
Always to look myself straight in the eye.

I don't want to keep on a closet shelf
A lot of secrets about myself.
And fool myself, as I come and go,
Into thinking that nobody else will know
The kind person I really am;
I don't want to dress up myself in sham.

I want to go out with my head erect.
I want to deserve all people's respect
But here in this struggle for fame and self
I want to be able to like myself.
I don't want to look at myself and know
That I'm bluster and bluff and an empty show.

I never can hide myself from ME;
I see what others may never see;
I know what others may never know.
I never can fool myself, and so,
Whatever happens, I want to be
Self-respecting and conscious free.

By Edgar A. Guest

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Worksheet 1 – Types of Pressure

Type of Pressure	Definition
Violence	Being harmed or threatened with physical harm if you don't do what someone says. Ex. You better watch your back if you don't...
Social Threat	Being told you won't be part of the group if you don't do what someone wants. Ex. You'll never hang with us if you don't...
Ridicule	Being made fun of, or called names when you don't do what someone else wants. Ex. You're just a chicken.
Guilt	Being made to feel that what you are doing is wrong or unfair and is hurting someone's feeling. Ex. I went through a lot of trouble to get this and now you say you don't want any. I could have saved my money.
Nagging	Being offered something or asked to do something over and over again. Ex. Can you please loan me some money? I will pay you back. You have enough to loan me a little, right? I'll pay you back. I promise.
Trickery	Getting you to do something by making you think you are really doing something else. When someone dares you to do something to prove you can do it. Ex. I'll bet you can't drink this and not throw up.
Logic	Using reason to explain why you should do what someone wants you to do. Sometimes the reasons really don't make sense, if you think about them. Ex. Come on, just one won't hurt you.
Friendly Offer	Someone asks real nicely. This may not seem like pressure to many people, but you may feel obligated to go along to be friendly in return. Ex. I'm glad you could come to my party. We've got a whole keg of beer over there, so drink up. Friendly offers are the most common kind of pressure we experience.
Conformity	Feeling the need to do something because you see everyone else doing it even if nothing is actually said. This is a type of pressure we often overlook, but is very real. A good example is body piercing or tattooing. Another example of this type of pressure is being at a party where everybody but you is drinking, smoking, or using marijuana.