

Self-Esteem

LEARNING OUTCOMES

Knowledge, Skills
& Actions



To describe self-esteem and recognise behaviours linked to low and high self-esteem

To evaluate my own level of self-esteem

To develop strategies to help improve self-esteem and understand the wide range of influences on it

NEW VOCABULARY

Low Self-Esteem, High Self-Esteem, Criticism, Rejection, Failure, Confidence



STARTER ACTIVITY

Why is there sometimes pressure on the way people should look?
What appearance pressures do boys face?
What appearance pressures do girls face?



3 Minutes

GROUND RULES



Be open and honest
No Personal Comments
Discussions must be about
'general situations'



You don't have to say
things about yourself if
you don't want to

It's OK to be embarrassed
by a topic but don't show
that you are embarrassed
through silliness



Be Respectful

Listen & don't interrupt others
Only 1 person talking at a time
Use the agreed appropriate
Language (Avoid slang terms)



Don't Make Assumptions
about people's values,
attitudes, behaviours, life
experiences or feelings

PSHE CLASSROOM RULES

DEALING WITH SENSITIVE TOPICS

SAFEGUARDING YOUR WELFARE & HAVING YOUR INTERESTS AT HEART

Be Non-Judgemental

No put-downs. Challenge
the opinion, not the
person



Conversations on sensitive
topics stay in the
classroom unless it is a
safeguarding issue

There are **no stupid questions**
It's OK to get things wrong

Enjoy the lesson, challenge your perceptions and understand how to seek further advice and support








Self-Esteem

ASSESSMENT
FOR LEARNING

BASELINE CONFIDENCE CHECKER



BEFORE THE LESSON	NOT CONFIDENT		CONFIDENT		VERY CONFIDENT
Knowledge, Skills & Actions	1  2	3  4	5  6	7  8	9  10
I can define high and low self-esteem, and give examples					
I understand a range of issues that may impact my own self-esteem					
I know a wide range of ways to boost my own self-esteem					



Complete a baseline assessment of where you think you are at for this lesson
(Discuss or complete sheet)



2 Minutes



I'm not
confident at all
on this topic



A little
confident



Confident



Very
confident



I am super
confident on
this topic

10 ways to boost it

Take care of your basic physical needs first (food, water & sleep)

Spend time with the people you care about

Accept compliments and kind words from people

Treat yourself to something nice & help others when you can

Spend more time doing things you enjoy (hobbies & leisure time)

Don't be too hard on yourself – forgive your mistakes

Positive self talk in the mirror

WHAT IS SELF-ESTEEM?

Self-esteem reflects an individual's overall emotional view of his or her own worth. It is the decision made by an individual as an attitude towards themselves.

It is yourself that you love, care for and feel proud of. When children believe they are valuable and important, they take good care of themselves. They make good decisions about themselves which enhance their value rather than break it down

Be true to yourself and your values

Reward your successes, and always be proud of them no matter how small

Ignore those who put you down, and surround yourself with positive influences

WHAT DO I THINK ABOUT MYSELF....

MY SELF ESTEEM	1	2	3	4	5	6	7	8	9	10
	NEVER			SOMETIMES					ALWAYS	
I like the way I look										
I take responsibility for my actions										
I like the body that I have										
My feelings matter										
I am happy										
I feel confident in making new friends										
I am positive about the future										
I use positive self talk instead of putting myself down										
I try my best										

Your Results

If your total is:

60-90 Keep it up! You have a positive outlook and positive self esteem

31 -60 You're on the right track toward positive self-esteem.

0-30 You might want to talk to someone you trust about ways to improve your self-esteem



Did you know?

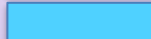
The five primary emotions are:

Happiness 

Anger 

Disgust 

Fear 

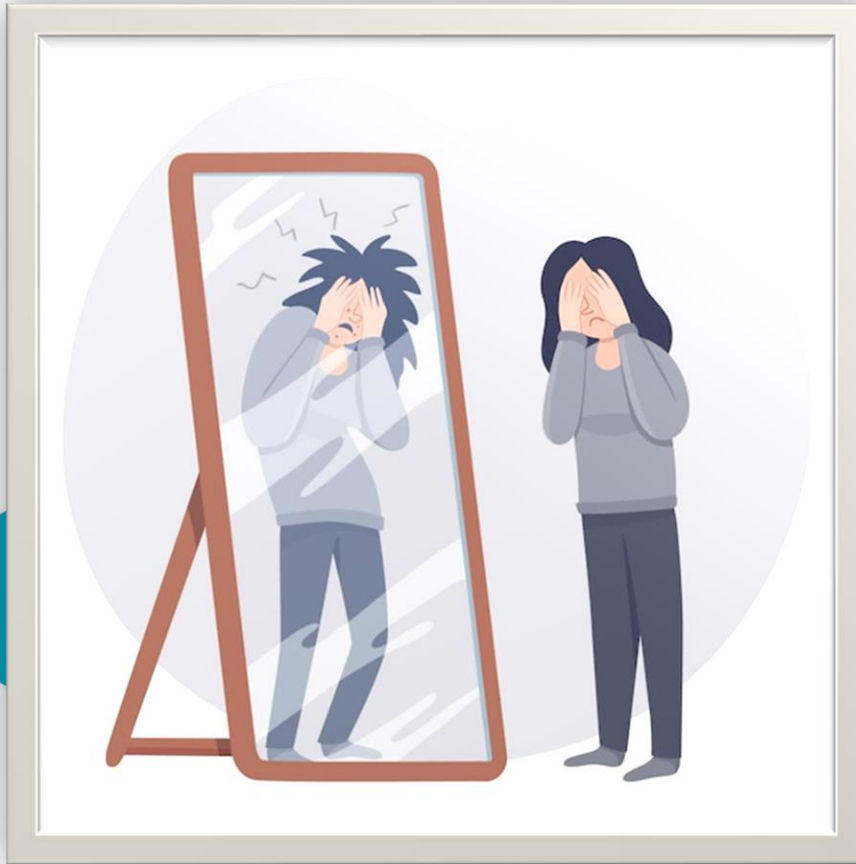
Sadness 

What is a good way to deal with each of these emotions and why?

What should you not do?

Task

Name three things that increase your self esteem

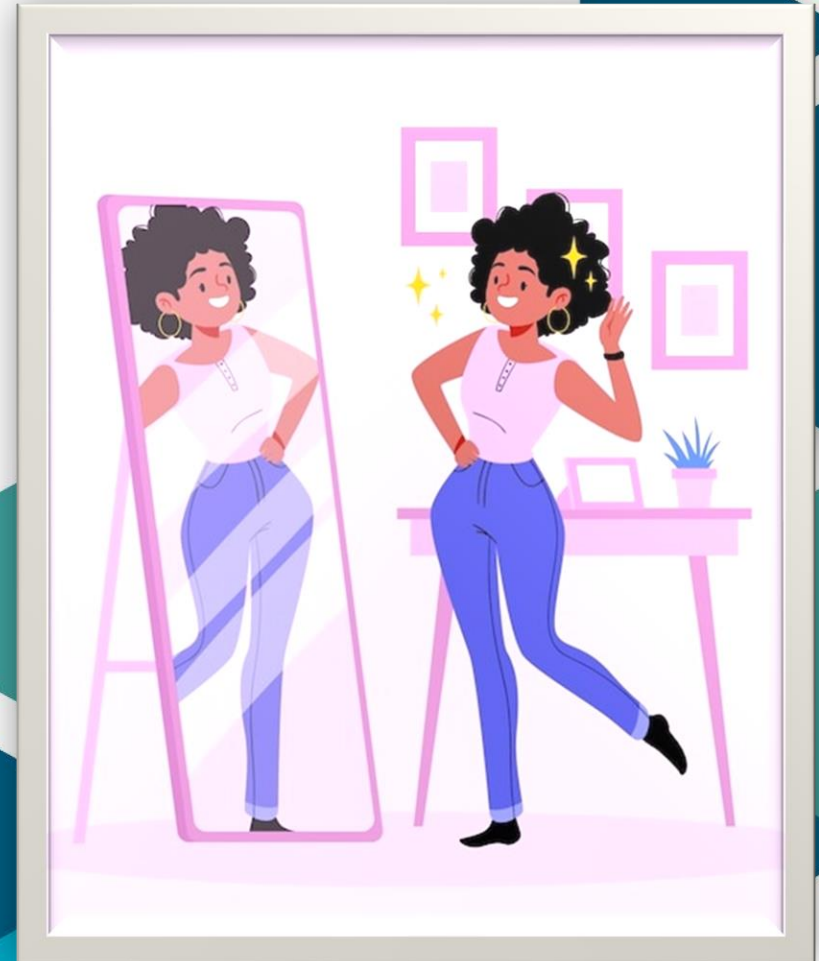


LOW SELF ESTEEM

HIGH SELF ESTEEM

Task

Name three things that cause low self esteem



HANDOUT

Task

Complete the card sort activity.
You must discuss and justify your answers.

TASK OR CHALLENGE

Challenge

Can you turn any
negatives into
positives?

Self-Esteem

















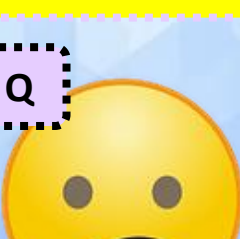
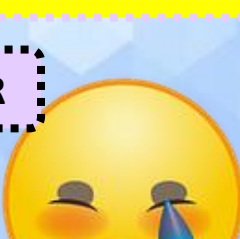
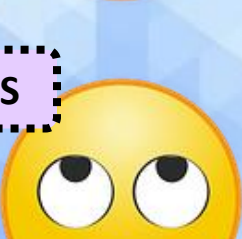



Listening to your favourite music ✓ ✗	Making someone laugh with your jokes ✓ ✗	Finding out that you have been dumped ✓ ✗
Being asked out by someone you fancy ✓ ✗	Making a mistake ✓ ✗	Getting a compliment ✓ ✗
Being ignored by people ✓ ✗	Getting a really great surprise ✓ ✗	Not being invited to a party ✓ ✗
Planning a holiday with a friend ✓ ✗	Being shouted at ✓ ✗	The teacher noticing your hard work ✓ ✗
Buying new clothes ✓ ✗	Feeling lonely ✓ ✗	Being teased ✓ ✗
Sunny weather ✓ ✗	Getting spots ✓ ✗	Having something stolen ✓ ✗

Self-Esteem

Watching your favourite film ✓ ✗	Being shouted at ✓ ✗	Having a bad nights sleep ✓ ✗
Meditating ✓ ✗	Making someone else feel jealous ✓ ✗	Going for a run ✓ ✗
POSITIVE Situations that make us feel good. ✓ ✓	NEGATIVE Situations that make us feel bad. ✗ ✗	
It Depends Situations that could make us feel good or bad.	UNSURE ✗ ✓	



What Emotion Do You Associate With Each Emoji

A 	B 	C 	D 	E 	F 				
G 	H 	I 	J 	K 	L 				
<div>Task Which five of these emojis would you most associate with puberty and why? What is a good way to deal with each emotion and why?</div>						M 	N 	O 	P 
Q 	R 	S 	T 	U 	V 				

ACTIVITY

Self-Esteem Situations

Apart from puberty, what other situations might lower our self-esteem?

1. Rejection

2. Criticism

3. Failure

4. Loneliness

5. Comparison to others

Task

Using the keywords, create five situations that could damage someone's self-esteem

TASK OR CHALLENGE

Challenge

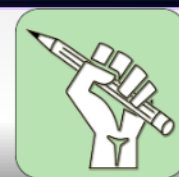
Find a positive aspect of each of the situations you have created

EXTENSION

Create an action plan to overcome things that makes us feel bad, so we can help raise our self-esteem again

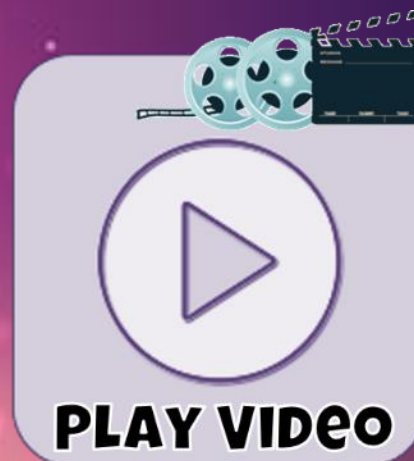


Improve your Opinion of Yourself



4 Small Habits To Improve Self Esteem

Task: Pick one or two coloured hats and answer all the related questions



5 Minutes



What facts do I know? What else do I need to know? What do I want to know?

INFORMATION



How do I feel about this? What don't I like about this? What do I like about this?

FEELINGS



Can something be done? New ideas? What are the solutions/suggestions?

CREATIVITY



What thinking is needed? Next steps? Where are we now?

THINKING



What is wrong? Is it safe? Can it be done?

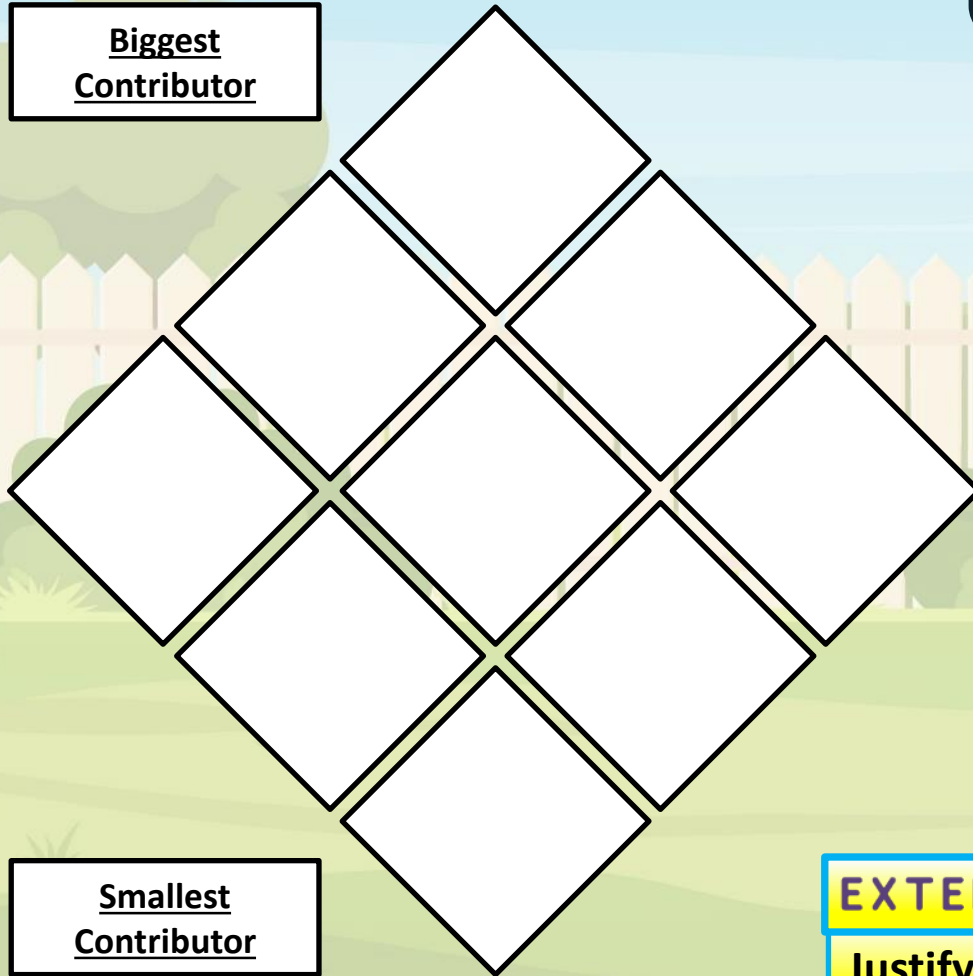
JUDGEMENT

ACTIVITY

Self-Esteem Influence

Who influences your self-esteem the most?

Biggest
Contributor



Smallest
Contributor

Task

Copy the groups and arrange them into the 'Diamond Nine' formation

FASHION
PROGRAMMES
/ OTHER TV

PARENTS /
GUARDIANS /
CARERS

MAGAZINES

CELEBRITIES /
SOCIAL MEDIA
INFLUENCERS

CLASSMATES

TEACHERS

ADVERTISING

FRIENDS

SIBLINGS

EXTENSION

Justify your choices

Pick a scenario and demonstrate your knowledge of the topic by giving this young person good advice about what they could do.

Emma, a talented artist, hesitates to showcase her artwork publicly because she fears judgment and criticism from others despite receiving positive feedback.

Mark constantly compares himself to his classmates. He feels inadequate whenever he sees others achieving academic or extracurricular success.


Sarah feels insecure about her physical appearance and struggles with body image issues. She often avoids social gatherings or events that require dressing up.

Jo has a great business idea but lacks the confidence to take the necessary steps to bring it to life. She doubts her abilities, worries about failure, and fears judgment from others.



Rami, a single parent, constantly compares himself to other, seemingly perfect, parents, and feels like he is falling short, resulting in a diminished sense of self-worth.

What Do You Think?



"If you already feel confident, there's no need to keep working on your self-esteem"

Talking Points



I think that ...
I don't think... is right because...
My opinion is...
I would argue the same because...
I disagree with... because...
Building on what... said. I think...
An alternate way of looking at this is...
I sort of agree, however....
I would challenge what.. said because ...

Do you agree or disagree? Why?

Can you add to the statement?

Do you have a question about the statement?

Would you like to challenge what is being said?

Do you have an alternative idea?





REVIEW YOUR LEARNING OUTCOMES

ASSESSMENT
FOR LEARNING

CONFIDENCE CHECKER



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Complete the confidence checker of where you think you are at for this lesson

(Discussion or complete sheet)



3 Minutes

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HOMEWORK SUGGESTION



DUE DATE

It must be submitted by..

Hand / Google
Classroom



Homework Explained

Practice positive self-talk to help improve your self-esteem. Write down 10 positive things about yourself (you do not have to share these with anyone else).

If you feel that you are about to think something negative about yourself, try to 'catch yourself' and turn it into a positive thought instead.





IMPORTANT INFORMATION



2 Minutes



FOR MORE INFORMATION ABOUT THE TOPICS COVERED IN THIS UNIT
WE WOULD ADVISE ONE OF THE BELOW:

SPEAK TO YOUR PARENTS/GUARDIANS, HEAD OF YEAR,
A TRUSTED ADULT OR FRIEND.

IF YOU HAVE ANY CONCERNS ABOUT YOURSELF OR SOMEONE YOU KNOW.
IT IS IMPORTANT TO SPEAK UP AND TELL SOMEONE!

SPECIFIC FURTHER INFORMATION ON THIS TOPIC CAN BE FOUND HERE:

- ☐ ChildLine - You can talk to us about anything. No problem is too big or too small. Call us on 0800 1111 or chat to us online <https://www.childline.org.uk>
- ☐ www.verywellmind.com - award-winning resource for reliable, compassionate, and up-to-date information on the mental health topics
- ☐ www.verywellmind.com/ - Help with low self-esteem issues
- ☐ [https://www.nhs.uk/-](https://www.nhs.uk/) Loads of information on a very wide range of physical and mental health issues

HEALTH
& WELLBEING

SEEKING SUPPORT

REFLECTION PLENARY



A problem I overcame today was...

**Before I only knew...
now I also know...**

**The key words for this lesson
were...**

I'm really proud of the way I have...

Today I have tried to...

**The most important thing I have
learnt today is...**

I used to feel ... but I now feel ...

**Before I would have done...
Now I will ...**

Next lesson I would like to...

**A question I would like to ask
is...**

**I would like to learn more
about...**

**I know if I need further support
or help I could speak to.... or
contact...**

**I now know I can supported
others by...**

**One thing I didn't realise was...
this will help me to...**

2 Minutes





REFER TO MINDFULNESS POWERPOINT

