

Being Yourself & Self-Love

LEARNING OUTCOMES

Knowledge, Skills
& Actions



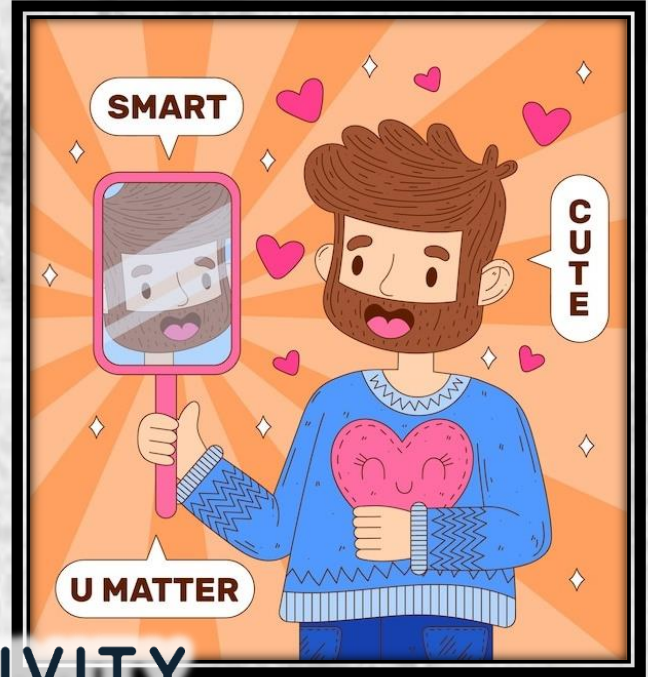
To know what self-love
really is

To be able to explain why
self-love is so important,
and good for us

To see how society has
evolved to minimise self-
love

NEW VOCABULARY

Self-Love, Self-Acceptance,
Inner Voice, Self-Discovery,
Emotional Resilience



STARTER ACTIVITY

What do you think when you hear the term “self-love”?
Discuss in partners whether you practice self-care.
If so, what does this look like for you?
If not, why not?



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

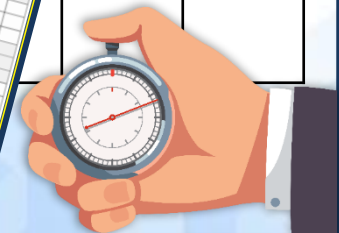
Being Yourself & Self-Love

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 know what self-love looks like										
I can explain why self-love is so important, and good for us										
I understand how society has evolved to minimise self-love										



2 Minutes

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



I'm not confident at all on this topic



A little confident



Confident



Very confident



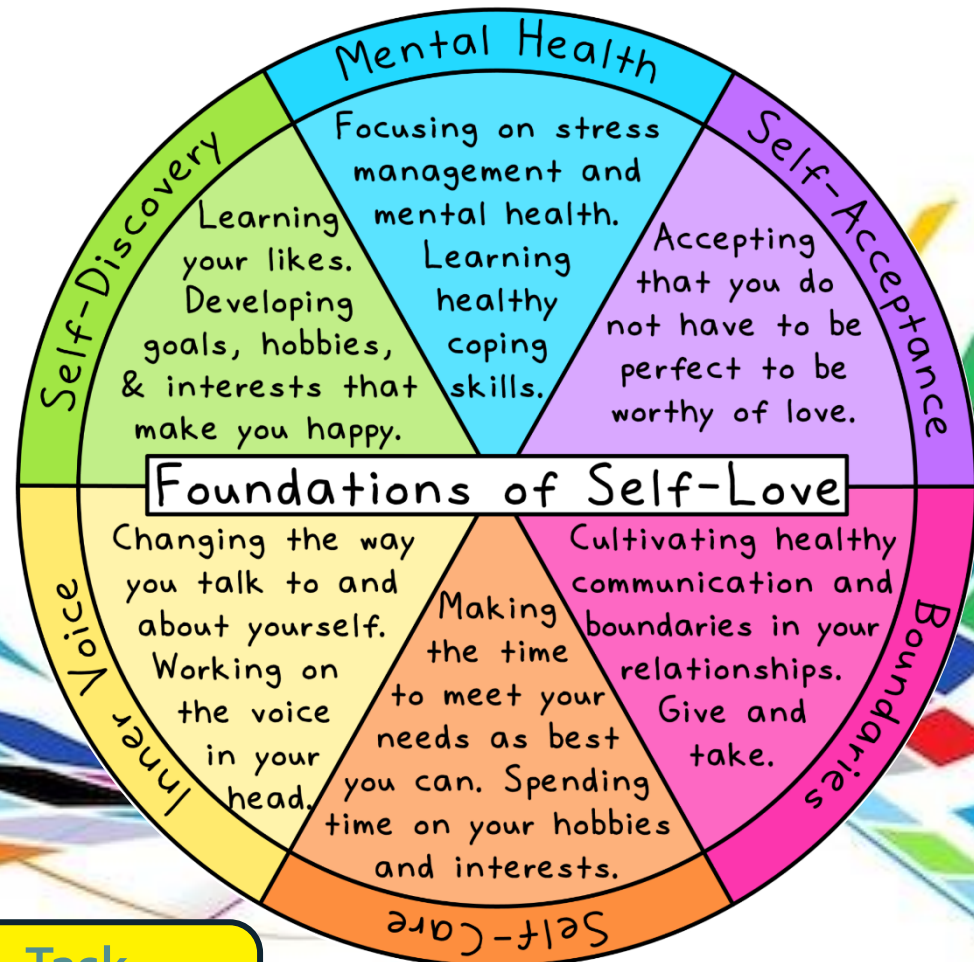
I am super confident on this topic

WHAT IS SELF-LOVE?

Self-love is the act of loving yourself for who you are, without feeling like you have to change anything or feeling you are selfish for putting yourself first.

This can be made up of:

- Looking after your mental health
- Accepting yourself for who you are (flaws and all!)
- Creating boundaries with others
- Making time for self-care activities
- Speak positively about yourself internally
- Discovering more about yourself, so you can do more of what makes you happy!



Task

Think about your inner voice.

Do you usually think positive or negative things about yourself?

What can you do so you have more positive thoughts?

SORTING ACTIVITY

Match the key word with it's correct meaning

Mental Health

Fully embracing and acknowledging strengths and weaknesses, without seeking approval from others.

A

Self-Acceptance

Physical, emotional, or mental limits that protect a person's well-being.

B

Boundaries

The internal dialogue or self-talk that occurs within a person's mind.

C

Self-Care

A person's overall psychological well-being.

D

Inner Voice

Making time to do things you enjoy and looking after yourself.

E



PRACTICING SELF-LOVE



8 Things You Need to Know About Self-Love

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



7 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

Task

In partners, discuss two things you think you are good at

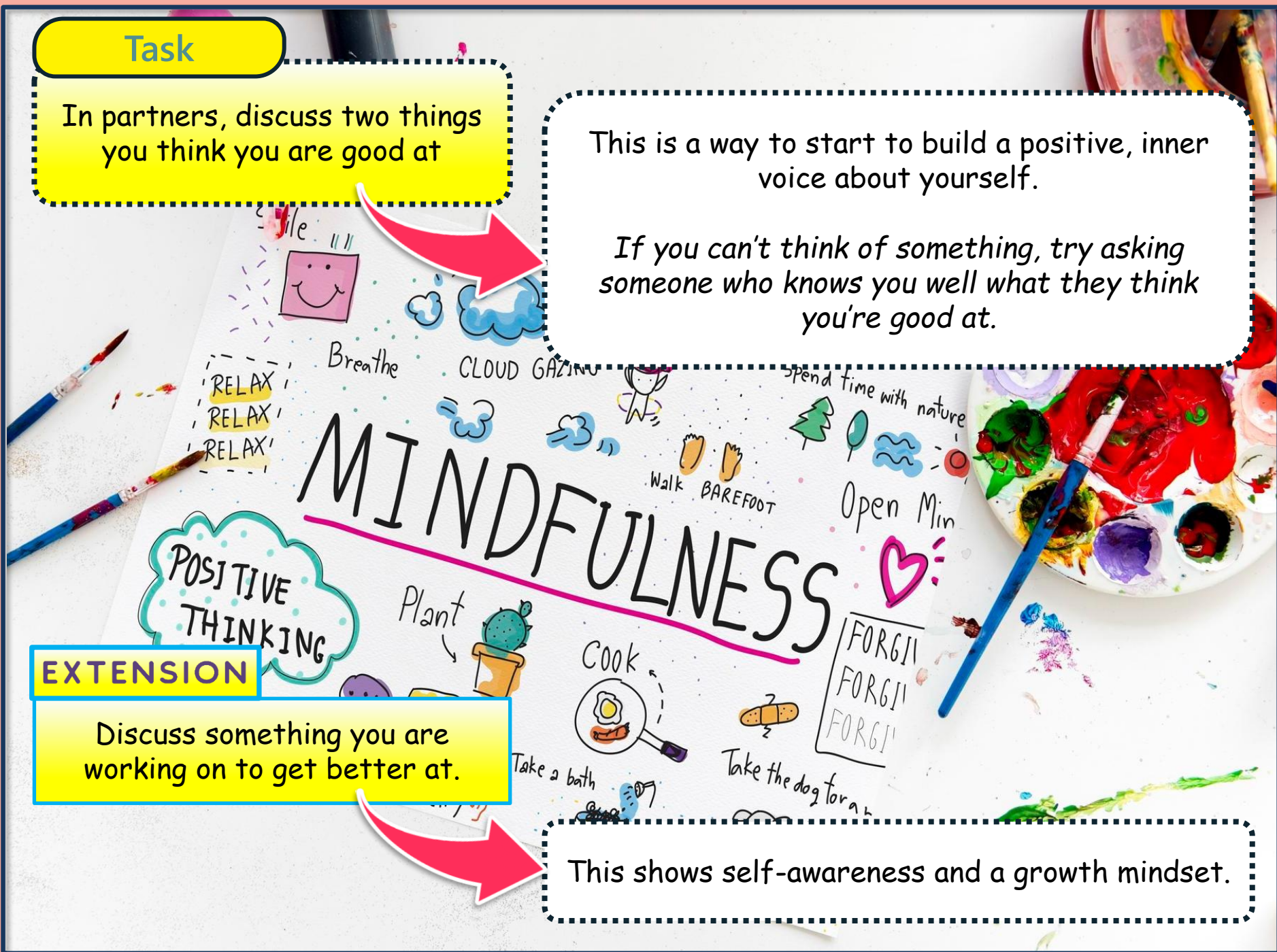
This is a way to start to build a positive, inner voice about yourself.

If you can't think of something, try asking someone who knows you well what they think you're good at.

EXTENSION

Discuss something you are working on to get better at.

This shows self-awareness and a growth mindset.



E.G. When I
smile, my
eyes light up

E.G. My bravery

E.G. My
football skills

Tasks

Make a list of all the things you love about yourself.

WHY IS SELF-LOVE IMPORTANT?

Self-love helps to counter negative, critical self-talk and put things in perspective.

Self-Love



IS WHERE IT'S AT

Even if your struggles are a result of a mistake you made, self-love encourages you to learn from the mistake and move forward.

This builds your emotional resilience, and prepares you for future challenges.

Task

Think of a time that you have made a mistake.

What was it?

What did you learn from it?

What helped you to move forward positively?

EXTENSION

Think of time a friend or family member made a mistake.

How did you support them?

Did you show them more love and kindness than you showed yourself when you made a mistake?

How do we show self-love?

Example: Saying no to things you don't want to do, rather than dreading them or cancelling last minute.

SELF LOVE CLUB

Task

Come up with specific examples to fill this slide in, as a class.

What Do You Think?



"You should only practice self-care if you're having a bad day."

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?



How do we get to know ourselves better?

It is hard to love yourself if you don't feel like you really know who you are.

This is where self-discovery comes in. The more you know about who you are, what you enjoy, and what you like about yourself, the easier self-love becomes.

Task

Write down 3 things you enjoy doing and why.

Then write 3 things you'd like to try and why.

EXTENSION

What (if anything), is stopping you from trying these new things?



Examples of self-discovery activities you can do:

- Take a personality test
- Practice mindfulness
- Start a journal
- Reflect on your past experiences
- Ask trusted loved ones for feedback
- Try things you've never done before

SELF-LOVE IN SOCIETY

Society today has set a standard on how we should think, speak, and look. Due to the way society is today, many children and young adults find themselves confused and conflicted when dealing with loving themselves.

Learning how to love yourself in today's society tends to be something that is self-taught. Schools don't have classes that tell students that they not only need to take care of their physical health, but their mental health as well.

Teenage insecurities are driven by the environment we surround ourselves in. This includes peer, parental, and societal pressure, and the hormonal changes teenagers experience. When these insecurities aren't addressed, it may lead to anxiety, depression, and aggression.

Task

- 1) What is your reaction to the above statements?
- 2) Why do some people view self-love negatively?
- 3) What can be done about it?

EXTENSION

Social media causes us to compare ourselves, and our lives, to others. Do you think this has a positive or negative effect on the way we view ourselves? Why?

THE SELF-LOVE BOX

- Do not say you love yourself, you'll come across as self-obsessed
- If you say no to people, you're rude
- You should always put others before yourself
- You should not accept your flaws, you should work on them to become more perfect
- Your life should be compared, you can always be doing better
- Self-care is lazy, you should be doing something more productive



Task

What is wrong with this self-love box?

What should be removed from this self-love box?

How might this self-love box link to people not feeling good about themselves?

What would you put in the self-love box instead?








REVIEW YOUR LEARNING OUTCOMES

ASSESSMENT
FOR LEARNING

CONFIDENCE CHECKER



AFTER THE LESSON	NOT CONFIDENT				CONFIDENT				VERY CONFIDENT						
Knowledge, Skills & Actions	1		2	3		4	5		6	7		8	9		10
I know what self-love looks like															
I can explain why self-love is so important, and good for us															
I understand how society has evolved to minimise self-love															




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

(Discussion or complete sheet)




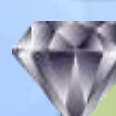
3 Minutes

 I'm not confident at all on this topic

 A little confident

 Confident

 Very confident

 I am super confident on this topic

HOMEWORK SUGGESTION



DUE DATE

It must be submitted by..

Hand / Google
Classroom



Homework Explained

Design a social media post for Instagram that promotes people practicing self-love.

Think about the image, caption, and hashtags you would use.





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:

- ☐ <https://www.raq.org.au/blog/5-self-discovery-activities-try-weekend>
- ☐ <https://uhshawkeye.com/features/2020/01/28/self-love-in-todays-society/>
- ☐ <https://www.childline.org.uk> Has support for a range of topics
- ☐ <https://kidshealth.org/#cattake-care> Information on a variety of topics
- ☐ <https://www.brook.org.uk/your-life/puberty/> Brook Health lives for young people



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



RELAX
RELAX
RELAX

Breathe

CLOUD GAZING

Walk BAREFOOT

Spend time with nature

Open Min

POSITIVE
THINKING

Plant

Cook

Chat with friends
<listen>

Take a bath

Take the dog for a walk

FORGIVE
FORGIVE
FORGIVE

Time for a little
something extra?

?? Minutes