

How Self-Esteem Changes

LEARNING OUTCOMES

Knowledge, Skills
& Actions



To define the term
self-esteem and explain how
it impacts us

To explore why people do not
necessarily respond in the
same way to similar situations

To understand that different
people may express their
feelings in many different
ways

NEW VOCABULARY

Self-Esteem, Butterfly Effect,
Validation, Criticism,
Resilience, Personal
Development



Think about a time when you have refused to
give up on something even when others
said you couldn't do it.

How did it feel when you managed to do it?



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

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

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

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

How Self-Esteem Changes

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 identify the difference between high and low self-esteem										
I understand what can change self-esteem in the short-term and long-term										
I know a range of ways to manage my own self-esteem										



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

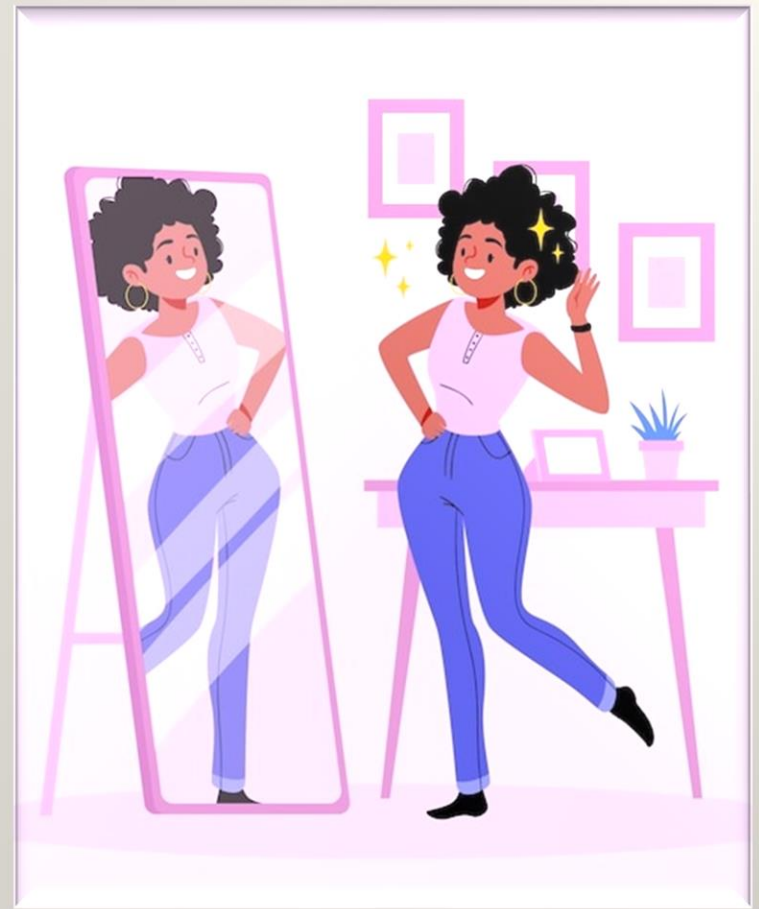


I am super confident on this topic

Task

What does self-esteem mean?
What can impact it?
How can you improve it?

HIGH SELF-ESTEEM



LOW SELF-ESTEEM



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 peoples' compliments and kind words

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.

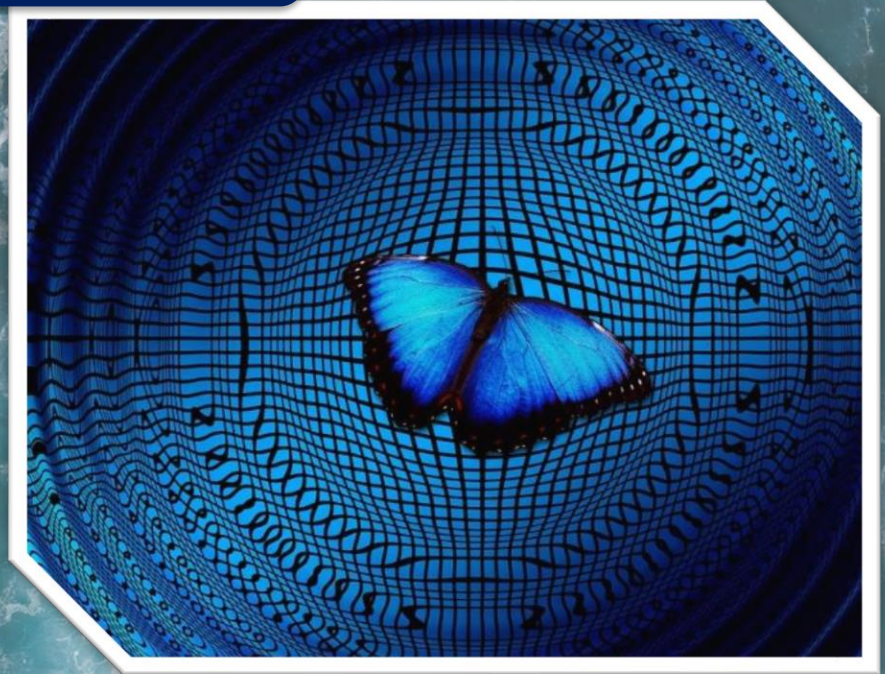
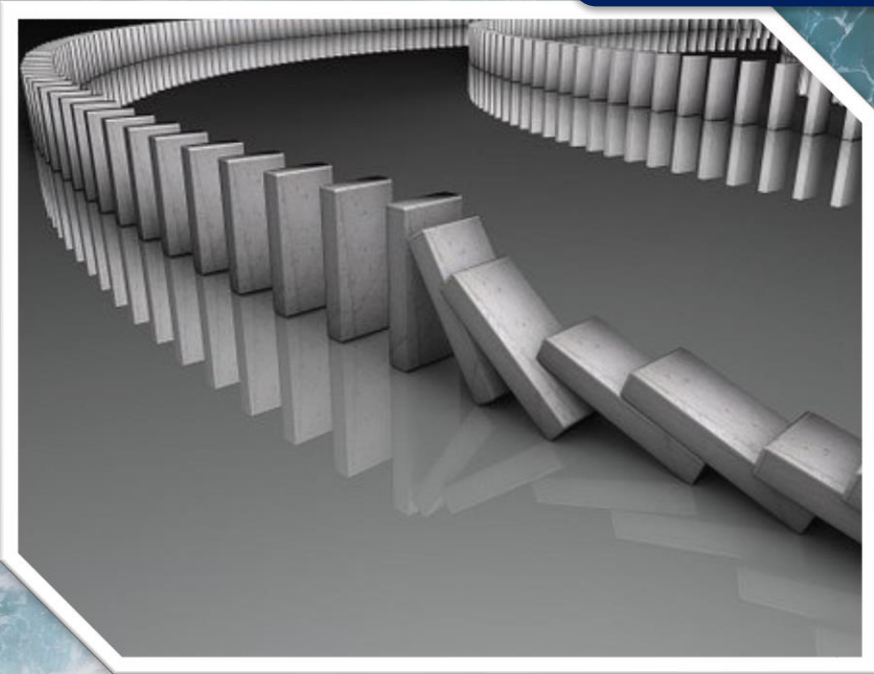
It is yourself that you love, care for and feel proud of. When children believe they are valuable and important, they take good care of themselves. They make good decisions about themselves which enhance their value rather than break it down

Be true to yourself and your values

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

Ignore those that put you down and surround yourself with positive influences

What is the butterfly effect?

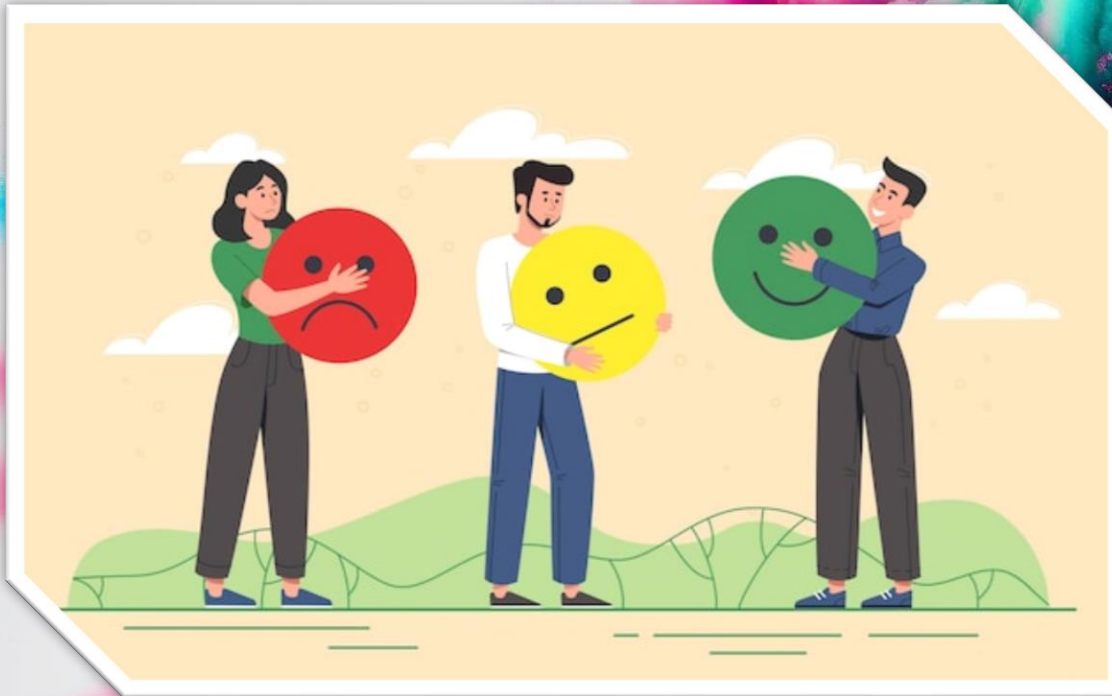


Definition

(CLICK TO REVEAL)

Self-Esteem Changes

Self-esteem can fluctuate both in the short term and the long term, influenced by various factors and experiences.



Did you know?

Everyone's self-esteem journey is unique, and the same factors can have different degrees of influence on individuals.

Task

Have you ever felt good about yourself one minute and sad the next or vice versa?

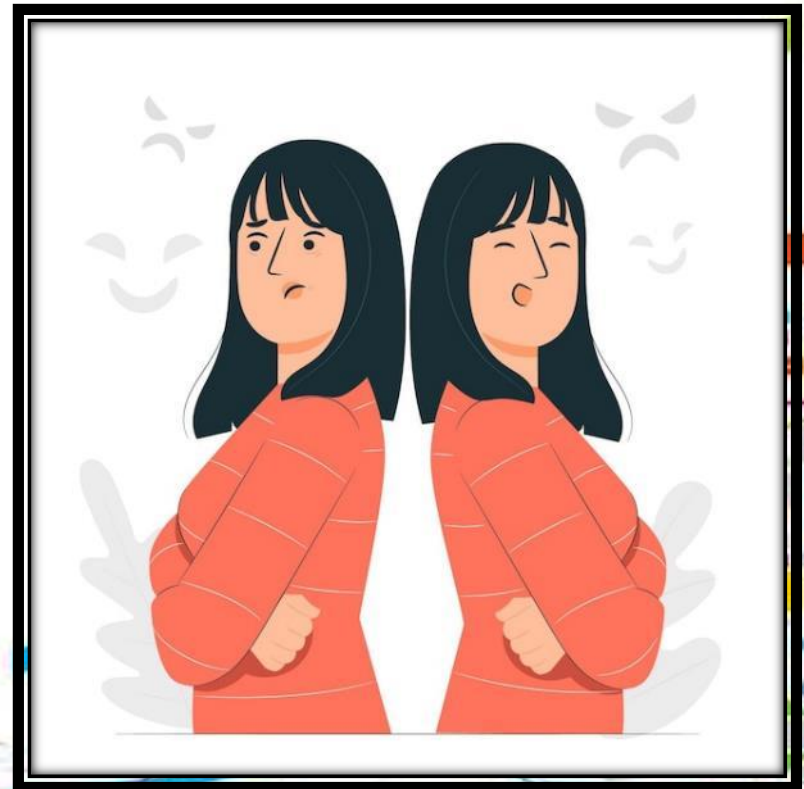
What happened for your feelings to change?

Self-esteem is complex, and understanding how it can change requires considering a range of personal, environmental, and psychological factors.

Short-Term Self-Esteem Changes

Some factors that can influence a person's self-esteem in the short-term include:

- **Achievement and success**: This can be from areas of life, such as work, academics, or hobbies.
- **Feedback and validation**: Receiving compliments, or recognition from others can provide a short-term boost.
- **Comparison and social interactions**: Comparing oneself favourably to others or having positive social interactions such as being asked out.
- **Criticism and failure**: Hearing something negative about yourself, or not achieving what you wanted can negatively impact in the short term.
- **Mood and emotional state**: Self-esteem can be influenced by mood swings, such as feeling happy or sad, confident or anxious, which can affect how one perceives themselves.



Task

Explain how a short-term influence to a person's self-esteem could become a long-term influence.

Long-Term Self-Esteem Changes

Some factors that can influence a person's self-esteem in the long-term include:

- **Early experiences**: Childhood experiences, including parenting styles, relationships, and social environment.
- **Personal beliefs and self-perception**: The beliefs, and thoughts a person develops over time.
- **Life events and milestones**: Significant achievements, relationships, career advancements, or traumatic experiences.
- **Personal growth and resilience**: Personal development and overcoming challenges can positively impact self-esteem.
- **Social support and relationships**: Positive and supportive relationships can contribute to higher self-esteem, while negative or toxic relationships can undermine it.
- **Self-acceptance and self-compassion**: Being kind to oneself, and embracing imperfections

Task

Give different examples of each of these long-term influences could either positive or negative effects on a person's self-esteem.





A Poem About Success



**'Fine lines' - Spoken word
about success**

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



**4.5
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

HANDOUT



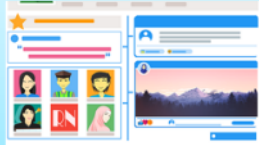
Influences on Self-Esteem



Parents



Social Media



Religion



Your Peers



Education /
School



Sport



Siblings



The
Government



Bullies



Celebrities



Traditional
Media

(Newspapers, TV, Radio)



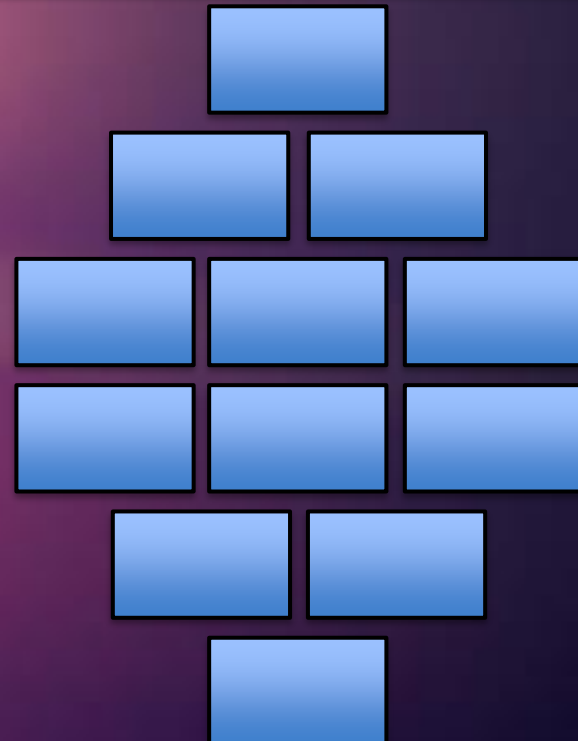
Somebody or
Something
Else

(Give specific
examples)

Task

Explain how each of these groups can impact your self-esteem

Use the cards to create a diamond 12 with the group that most effects your self-esteem at the top and least at the bottom.



BRAIN INFOGRAPHICS

Left brain

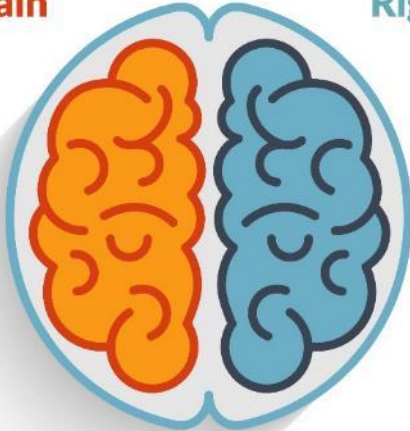
Right side of body control

- Number skills
- Math/Scientific skills
- Written language
- Spoken language
- Objectivity
- Analytical
- Logic
- Reasoning

Right brain

Left side of body control

- 3D shapes
- Music/Art awareness
- Intuition
- Creativity
- Imagination
- Subjectivity
- Synthesizing
- Emotion
- Face recognition



PARIENTAL
FRONTAL
OCCIPITAL
TEMPORAL
CEREBELLUM
BRAIN STEM

Intelligence, language, reading, sensation

Behaviour, intelligence, memory, movement

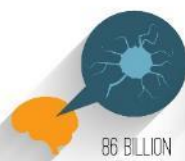
Lobe, vision

Behaviour, hearing, speech, vision, memory

Balance, coordination

Blood pressure, breathing, heartbeat, swallowing

Amazing facts about the brain:



86 BILLION NEURONS



2% OF TOTAL WEIGHT



3-1000TB



CONTAINS 60% FAT



CONSUMES 20% OF ENERGY



AVERAGE WEIGHT IS 1300 g

"Try to be a rainbow in someone's cloud"
Maya Angelou

"If I cannot do great things, I can do small things in a great way."
Martin Luther King Jr.

"One small positive thought can change your whole day"
Zig Ziglar

"Success is not final, failure is not fatal: it is the courage to continue that counts."
Winston Churchill

SORTING ACTIVITY

Self-Esteem Situations



**Situations that can decrease our
self-esteem**



**Situations that can increase our
self-esteem**

Could increase or decrease

**Listening to your
favourite music**

**Making someone
laugh at your
jokes**

**Splitting up with your
partner**

Your body image

**Receiving your exam
results**

Getting a compliment

**Being ignored or
undermined by
others**

**Receiving an act of
kindness from
someone**

**Planning a holiday
with a friend**

Being shouted at

**The teacher noticing
your hard work**

**Unpleasant messages
on social media**

**Receiving lots of likes
on an Instagram post**

Feeling lonely

**Having something
stolen**

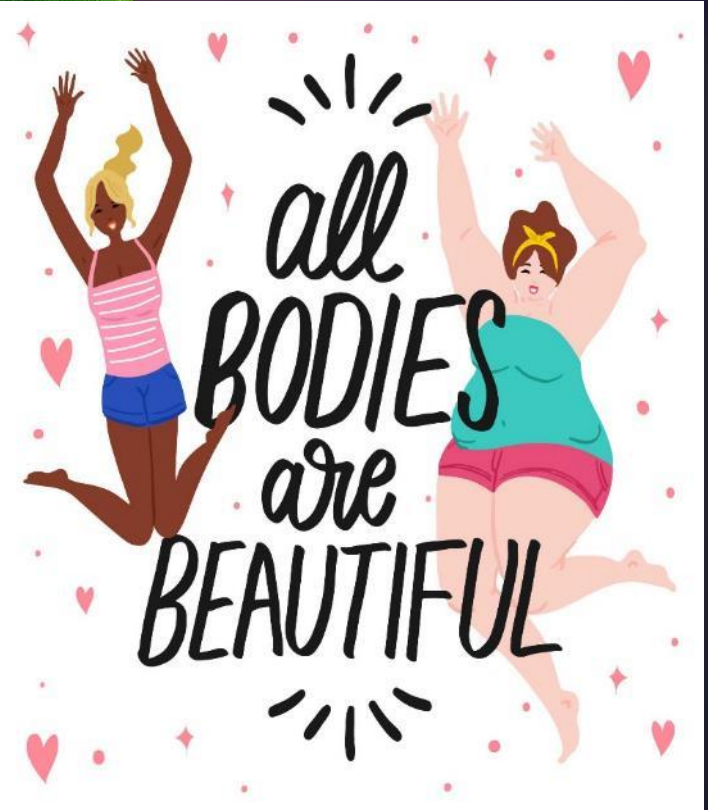
THINK
POSITIVE

Do
what
you
love

Task

How could you link these quotes to self-esteem?

CHANGE
THE WORLD
BY
being
YOURSELF



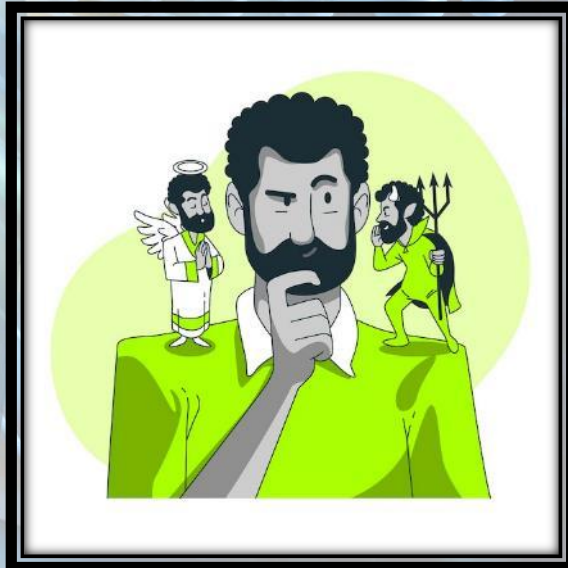
*Think about your day today.
Have you positively or negatively influenced someone?*

Your Mission

Spend the rest of the day positively influencing people.

How will you do it?

Go for it



Did you know?

*Past experiences shape the way
people think and feel.*

What Do You Think?



"If you have high self-esteem you are less likely to get hurt emotionally"

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?



What Do You Think?



“Low self-esteem is a result of others’ opinions about ourselves.”

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



AFTER THE LESSON	NOT CONFIDENT		CONFIDENT		VERY CONFIDENT
Knowledge, Skills & Actions	1  2	3  4	5  6	7  8	9  10
I can identify the difference between high and low self-esteem					
I understand what can change self-esteem in the short-term and long-term					
I know a range of ways to manage my own self-esteem					



3 Minutes



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

(Discussion 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

HOMEWORK SUGGESTION



DUE DATE

Must be submitted by...

Hand / Google
Classroom



Homework Explained

Come up with 3 ideas of how you could improve your long-term self-esteem and create a plan of how you will integrate those ideas into your daily life.





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

