**SELF-ESTEEM NOTES**

**BELLRINGER:** WHAT ARE SOME THINGS THAT AFFECT YOUR SELF ESTEEM?? (Brainstorm a list of ideas.)

(ideas may include: how others treat you, things you can be proud of (accomplishments), positive self-concept, etc.)

DEFINITION: SELF-ESTEEM - A MEASURE OF…. How much you value, respect and feel confident about yourself. If you feel good about yourself, you have good character.

BENEFITS OF HIGH SELF-ESTEEM:

1. SPEAKS UP FOR SELF
2. Has confidence
3. Tries new things (decreased fear of failing, part of life)
4. Feels valuable to society
5. Adjusts to change
6. Feels optimistic (“make lemonade out of lemons”/ “half glass full”)
7. Makes decisions based on values (Not easily influenced by peer pressure)

RISKS OF LOW SELF-ESTEEM:

1. FEELS INSECURE
2. Disrespects self & others
3. Vulnerable to peer pressure
4. Doesn’t feel valued
5. Fears failure
6. Uses drugs & alcohol (can lead to destructive behavior)
7. Feels pessimistic (downer / “half glass empty”)
8. Depression

10 TIPS FOR BUILDING SELF-ESTEEM:

1. VOLUNTEER
2. Give someone else a hand (good deed/helping others)
3. Use the strengths that you have
4. Be positive no matter what
5. Keep your body healthy
6. Avoid drug use/abuse
7. Reward yourself when you do well
8. Try something new
9. Set goals to improve yourself
10. Be your own best cheerleader (have fun!)