

# What is self-esteem?

We use the phrase self-esteem to talk about the beliefs you have about yourself - what you think about the type of person you are, your abilities, the positive and negative things about you and what you expect for your future.

Draw a picture of someone you think has good self-esteem.

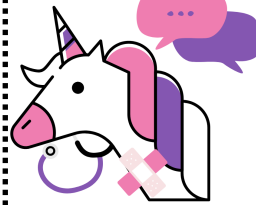
Make a list of all the positive things about you.

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## Healthy self-esteem

If you have healthy self-esteem, your beliefs about yourself will generally be positive. You may experience difficult times in your life, but you will generally be able to deal with these without them having too much of a long-term negative impact on you.

Healthy

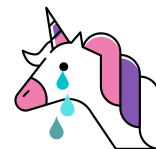


What are some things that might give people low self-esteem?

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## Low self-esteem

If you have low self-esteem, your beliefs about yourself will often be negative. You will tend to focus on your weaknesses or mistakes that you have made, and may find it hard to recognise the positive parts of your personality. You may also blame yourself for any difficulties or failures that you have.



# Case Study

Leena has just started a new school. He had to leave his old school because his family moved house. He does not know anyone who goes to the school. Leena has an older brother who often calls her names like: "Idiot" and "Spotty". As Leena is a teenager, she is starting to get spots, and this makes her very self conscious. At his old school, Leena was very scared of her Maths teacher and the rest of the class were very loud. This meant that Leena did not learn much in the lessons and she felt she was very bad at Maths. Leena really wants to make some new friends, but she is scared that they will not be nice to her.

Does Leena have a healthy or low self-esteem?

What are the reasons for this?

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What advice would you give Leena?

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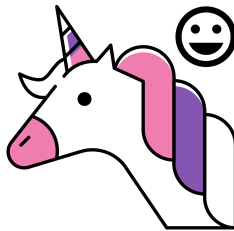
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Make a list of people that you can talk to about your self-esteem:



Think of a time that makes you feel very good about yourself and describe it below:

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