Larry is a high school senior with a good GPA and plans for going to college. Several of his close friends have been missing school lately. One of these friends approaches Larry in the hallway and asks if Larry wants to skip school tomorrow to smoke marijuana.

As a group walk through each step of the Decision Making Process (make sure everyone writes their part)
DECISION MAKING SCENARIO

Bobby is a high school sophomore with very few friends. He is shy but he would like to meet some new people. He is afraid others do not like him. By the snack bar after school (yes this school has a snack bar), a kid named Dan asks Bobby if he wants to come to a party where alcohol is implied.

As a group walk through each step of the Decision Making Process (make sure everyone writes their part & signs)
I will: Compare the causes & effects of high and low self-esteem on health.

So I can: Describe why changes in self-esteem can occur as people age.
OPENING ACTIVITY

If you had to put yourself in a category, would you say:

1. I have high self-esteem.

2. I have low self-esteem or feel like I am somewhere in the middle.

3. I have low self-esteem and I do not know why.

Write the number of your category with a big circle at the top of a half sheet of paper and set it to the side (name on it too)!
These data show the results of a survey that asked teens, “What would make you feel better about yourself?” They could choose more than one answer.

**What Would Make Teens Feel Better?**

- 49% say “Better grades”
- 38% say “Losing weight”
- 36% say “Bulking or toning up”
- 30% say “Better relationship with parents”
- 16% say “Fitting in with certain peers”
- 15% say “I like myself the way I am”

**WRITING** Do these survey results surprise you? Why or why not?
Health Stats  These data show the results of a survey that asked teens, “What would make you feel better about yourself?” They could choose more than one answer.

What Would Make Teens Feel Better?

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WRITING  Do these survey results surprise you? Why or why not?
Self-Esteem and Your Health

• One term psychologists use to describe your opinion of yourself is self-esteem.
Self-Esteem and Your Health

• One term psychologists use to describe your opinion of yourself is self-esteem.

• **Self-esteem** refers to how much you respect yourself and like yourself.
Self-Esteem and Your Health

• One term psychologists use to describe your opinion of yourself is self-esteem.

• **Self-esteem** refers to how much you respect yourself and like yourself.

• Many psychologists think that **high self-esteem has a positive effect on health**, while **low self-esteem has a negative effect on health**.
Benefits of High Self-Esteem

- People with high self-esteem accept themselves for who they are.
Benefits of High Self-Esteem

- People with high self-esteem accept themselves for who they are.
- They have a realistic view of their strengths and weaknesses and maintain a positive attitude even when they fail at a task.
Some studies show that teens with low self-esteem are more likely than their peers to use drugs, drop out of school, become pregnant, and suffer from eating disorders.
Risks of Low Self-Esteem

- People with low self-esteem don’t have much respect for themselves.

- Some studies show that teens with low self-esteem are more likely than their peers to use drugs, drop out of school, become pregnant, and suffer from eating disorders.
Risks of Low Self-Esteem

- People with low self-esteem don’t have much respect for themselves.
- They judge themselves harshly and worry too much about what others think of them.
- Some studies show that teens with low self-esteem are more likely than their peers to use drugs, drop out of school, become pregnant, and suffer from eating disorders.
Risks of Low Self-Esteem

• People with low self-esteem don’t have much respect for themselves.

• They judge themselves harshly and worry too much about what others think of them.

• Some studies show that teens with low self-esteem are more likely than their peers to use drugs, drop out of school, become pregnant, and suffer from eating disorders.
Section 2.2 Self-Esteem

Boost Your Self-Esteem

- Maintain a positive attitude.
- Focus on your strengths.
- Form close relationships.
- Set goals for yourself.
- Avoid risky behaviors.
- Ask for help.
- Be resilient.
Section 2.2  Self-Esteem

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Put a check next to each behavior that you do.
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Put a check next to each behavior that you do.

How many checks do you have?
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Put a check next to each behavior that you do.

How many checks do you have?

How would you rate your self-esteem?
Self-esteem is not a constant. It can increase or decrease as people interact with their family, their peers, and their community.
How Self-Esteem Develops

• Self-esteem is not a constant. It can increase or decrease as people interact with their family, their peers, and their community.

• On average, self-esteem drops in early adolescence, increases gradually during adulthood, and decreases again toward the end of life.
Childhood

• Young children need support and encouragement from family members.
Section 2.2 Self-Esteem

Childhood

• Young children need support and encouragement from family members.

• Most children enter school with relatively high self-esteem, but there is often a gradual decline in self-esteem during elementary school.
Childhood

• Young children need support and encouragement from family members.

• Most children enter school with relatively high self-esteem, but there is often a gradual decline in self-esteem during elementary school.

What do you think happens that could cause this decline in esteem? Stand up, turn and face at least on person and see what they think.
It is normal for teens to be critical of their appearance, their abilities, their interests, and their shortcomings (of themselves).

Adolescence
Adolescence

• **It is normal for teens to be critical** of their appearance, their abilities, their interests, and their shortcomings (of themselves).

• But some teens are overly self-conscious and judge themselves too harshly.
Section 2.2
Self-Esteem

Adolescence

• It is normal for teens to be critical of their appearance, their abilities, their interests, and their shortcomings (of themselves).

• But some teens are overly self-conscious and judge themselves too harshly.

Why are some teens overly critical?
Ask some one in the room of the opposite sex.
Adulthood

• Self-esteem generally rises during adulthood.
Adulthood

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Adulthood

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Adulthood

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Adulthood

• Self-esteem generally rises during adulthood.

• Adults begin to accomplish their goals and take control of their lives.
Improving Your Self-Esteem

• Don’t base your self-esteem solely on other people’s opinions of you.
Section 2.2 Self-Esteem

Improving Your Self-Esteem

• Don’t base your self-esteem solely on other people’s opinions of you.

• Focus on your accomplishments, your talents, and your contributions to your family and community.
Improving Your Self-Esteem

• Make a list of your strengths and weaknesses.
• Focus on your strengths.
Improving Your Self-Esteem

- Make a list of your strengths and weaknesses.
  - Focus on your strengths.

- Set ambitious, but realistic goals for yourself.
  - Develop a plan to achieve your goals.
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  • Develop a plan to achieve your goals.

• Don’t be too hard on yourself.
  • When you make a mistake or experience a defeat, figure out what went wrong.

• Rely on your values.
  • You will feel better about yourself when you do things that match your values.
Improving Your Self-Esteem

• Learn to accept compliments.
  • Try to distinguish genuine praise from insincere flattery.
Improving Your Self-Esteem

• Learn to accept compliments.
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  • Do something nice for others.
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  • Try to distinguish genuine praise from insincere flattery.

• Look beyond your own concerns.
  • Do something nice for others.

• Do not focus too much on appearance.
  • A focus on appearance can undermine self-esteem.
  • Making sure that you are well groomed, however, can help build self-confidence.
If you answered category # 1:
Take your half sheet out and write two paragraphs.
- One about why you have high self-esteem
- One about how your health benefits from it

If you answered category # 2:
Take your half sheet out and create a list of 10 strengths that you have. Write two ways that you can highlight these strengths (two sentences).

If you answered category # 3:
Take your half sheet out and make a list of all the things you do not like about yourself. Then come talk to me ASAP.
Exit Slip

Tally on the white board

2.) Would you rate yourself as FULLY UNDERSTANDING, PARTIALLY UNDERSTANDING, or NOT UNDERSTANDING today’s content?

<table>
<thead>
<tr>
<th>FULLY UNDERSTANDING</th>
<th>PARTIALLY UNDERSTANDING</th>
<th>NOT UNDERSTANDING</th>
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