

FREEDOM TO BE MYSELF



LEVEL

Introductory Level

AGE GROUP

13 – 16 year olds

TOPIC

Freedom to be Myself

EXPECTED LEARNING OUTCOMES

Knowledge

Understand the importance of self-confidence and self-esteem in developing a positive self-image and sense of self-worth.

Skills

Develop skills to manage negative thoughts and emotions that may impact self-confidence and self-esteem.

Attitudes

Foster a positive attitude towards oneself and one's unique qualities and characteristics, and develop a growth mindset that embraces challenges and views failures as opportunities for learning and growth.



EXPLAINER VIDEO

Building self-esteem is a key aspect of growing up and becoming confident in who you are. As a teenager, you may feel self-conscious and unsure of yourself, but with some effort, you can improve your self-esteem.

Self-confidence and self-esteem is all about how much you believe in your abilities and trust that you can do something. It's the feeling of trust in yourself and your abilities. When you have low self-confidence you may hold back from trying new things and may not believe in their abilities.

As a teenager, it can be tough to have a positive self-esteem and self-confidence. There are so many changes happening in your body and mind, and it can be easy to feel self-conscious and unsure of yourself. What you say or think about yourself plays a big part in how you feel about yourself. When you think things like "I'm such a loser", "nobody likes me", or "all my friends hate me", you hurt your self-esteem.

You can build self-confidence and self-esteem with a few simple steps:

- It's important to practice self-care. This means doing things that make you feel good about yourself like exercising, being creative, or taking some time to relax.
- Remember! It's okay to make mistakes - everybody does! The important thing to take from those moments is to learn from your mistakes and move on. Don't be too hard on yourself, and don't let them discourage you!

- Focus on what makes you a good person. We all have things that we are good at, and it's important that we celebrate and nurture those things. Make a list of your positive qualities and think about what makes you great!
- Take your mind off negativity. When you feel that you are being too harsh on yourself, take some time away from that negativity by getting outside and walking around. Fresh air does wonders for clearing the mind and getting you out of that negative space. The world never seems so small when you can see the sky!

Remember, building self-esteem and self-confidence takes time, but it's worth it. You'll feel better about yourself, and be more confident in your abilities!



CHECK-IN QUIZ

Take this quiz to check in with yourself and see if you are building yourself up instead of knocking yourself down! Answer as honestly as possible and check your score at the end to see how you did.

How often do you compare yourself to others?

1. Almost never
2. Sometimes
3. Often
4. All the time

When you make a mistake, how long do you think about it afterwards?

1. I think about it for the rest of the week
2. I spend all night awake thinking about it
3. For the rest of the day
4. Only for a few minutes

How often do you talk to yourself in a kind and encouraging way?

1. Almost never
2. Sometimes
3. Often
4. All the time

When someone compliments me, I always:

1. Don't believe them. They must be making fun of me.
2. Get embarrassed. It's nice to be complimented but I'm not important enough for it.
3. Feel better about myself. I worked really hard and it's nice to be recognised.
4. Believe them! I am a strong and capable person!

Answer Key

For each question, give yourself:

- 3 points for every "4" answer
- 2 points for every "3" answer
- 1 point for every "2" answer
- 0 points for every "1" answer

Scoring answers

10-12 points: You have strong self-esteem and self-confidence! Keep up the great work!

5-9 points: You have some work to do in building your self-esteem and self-confidence, but it's getting there! Keep working towards it by focusing on your positive qualities and engaging in self-care!

1-4 points: Your self-esteem and self-confidence could use some improvement! Start by being kind to yourself, engaging in self-care, and surrounding yourself with kindness.



ARTICLE: BUILDING MY SELF-ESTEEM

BUILDING MY SELF-ESTEEM

Building self-esteem is a journey that can help you feel better about yourself, increase your confidence, and allow you to face challenges with a positive attitude. It is normal to feel self-conscious and unsure of themselves, but with some effort and practice, you can improve your self-esteem. Learning how to build your self-esteem can seem really difficult, but it can actually be improved with a few simple steps!

1. **Take care of number one:** Spending time taking care of your physical, mental, and emotional health is really important for building self-esteem. Try to find activities that make you feel good about yourself, such as exercise, creative pursuits, or simply taking time to relax.
2. **Surround yourself with positive people:** Being around positive friends and family members can help boost your self-esteem and make you feel better about yourself. Seek out supportive people who encourage and motivate you, and try to limit time with those who are negative or critical.
3. **What makes me great:** We all have things that we're great at, and it is very important to celebrate those things. Make a list of all of the great things about you and think about what makes you special, unique, and worth it!
4. **Be kind to yourself:** Talk to yourself the way you would talk to a friend. Be gentle and encouraging, and don't let negative thoughts take over. It's important to be your own best friend and to treat yourself with kindness and respect.

5. **I am unique:** Every person is different, which is what makes us all interesting. Try not to compare yourself to others by trying to be someone you are not. Instead try embracing your individuality and be proud of who you are.

6. **Learn from your mistakes:** It's okay to make mistakes, everyone does. The important thing is to learn from those mistakes and move on. Don't be too hard on yourself, and don't let your mistakes define you.

Remember, building self-esteem is a journey, not a destination. It takes time and effort, but the rewards are worth it. By taking care of yourself, embracing your individuality, and focusing on your strengths and positive qualities, you can increase your self-esteem and feel better about yourself.



SELF-HELP ACTIVITY: MY AFFIRMATIONS JAR

AFFIRMATIONS OF THE DAY

Positivity can be very difficult, especially when you are growing up. It's hard to remain confident when things are constantly changing such as school, friends, and home-life. Taking small and simple steps such as this positive affirmations jar are a great way to try and remain positive about yourself and what makes you great!

Creating an affirmation jar is a great way to build self-confidence and self-esteem. This can be done as an individual or as a group! This can seem very strange or cringey to do at first, but it has been proven to help build self-esteem and reduce self-consciousness. Learning to take care of yourself means speaking and thinking well about yourself.

1. To create an affirmations jar, take some time to self-reflect on what makes you great and amazing such as "I have nice eyes", "I am good at maths", "I'm really good at my favourite video game", "I am kind".
2. Write these affirmations down on small pieces of paper and crumple them up. Put them in a jar and try to fill the jar halfway up with these pieces of paper.
3. Decorate the jar with stickers and paint, make it nice to look at so that it reminds you of happiness and positive things.
4. Optional, do this activity with friends and get your friends to write down a few things that make you great to add to your jar, and you can do the same for them!
5. On days where you are feeling down, open the jar and remove 2-3 of the pieces of paper to remind you of things that make you great!

Link to Video:

How to make your own positivity jar by TurningPointCT:
<https://vm.tiktok.com/ZMYrFGCKe/>

VIDEO LIBRARY

What is Self-Esteem? by ClickView

<https://www.youtube.com/watch?v=E8R27mqUQK8>

3 tips to boost your confidence by TED-Ed

https://www.youtube.com/watch?v=I_NYrWqUR40

Building self-confidence by AnnaAkana

<https://www.youtube.com/shorts/CM1uPIAugUk>

IRENE

Family Learning to Address Domestic Violence



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