



The Seven Project is a multimedia, speaker-driven school assembly. The Seven Project Assemblies entertain and captivate audiences all across the United States. Seven addresses real-life issues and situations students face every day. The Seven Project Discussion Guides culminate the Seven Project experience by creating intensified discussions about student life.

The activities and discussions in these guides are designed for use in single classroom settings or as entire school or community-wide campaigns. The Seven Project offers these guides as tools for use at the discretion of local school educators and administrators in part or entirety. The Seven Project and your school: *building students' hope...one issue at a time.*

SELF-ESTEEM

For Grades 6-12. Students will discuss the essential value to having and developing a healthy self-esteem. Students will also identify negative areas that seek to strip self-worth. Students will be empowered with skills to build a healthy self-image and self-esteem

Objectives:

- Define and understand the significance of having a healthy self-esteem.
- Equip students with tools to build self-esteem.
- Identify areas that strip self-worth.

Materials Needed:

- Copies of *Developing a Healthy Self-Esteem*.

Discussion:

- 1) What issues/messages from The Seven Project School Assembly stood out to you the most? Why?
 - *Transition: *"In our classroom time today, (principal's name) and I felt it was important that we follow-up on one of the topics: self-esteem, since this is something we deal with at our school."*
- 2) What is self-esteem?
- 3) Do you feel good when you accomplish something? Why?
- 4) How do the following affect how you feel about yourself: *good grades, having a boy/girlfriend, making a team, having latest clothes/video games, home problems, conflicts with friends, weight/appearance?*
- 5) Why do we get our self-esteem from the things that happen to us?
- 6) How do you feel when your friends put themselves down? Why do they do that?
- 7) Have you ever put yourself down? Why?
- 8) When self-esteem is low, people tend to do negative things. An example is drinking alcohol. What other behaviors stem from low self-esteem? Why?
- 9) Have you ever had a pity party? How did you bring yourself out of it?
- 10) Is your self-esteem affected by loneliness?
- 11) What advice would you give someone who is lonely and has low self-esteem?



Extensions and Adaptations:

- **Be Positive!** challenge. Challenge the students to a one-week effort to be not only positive in their comments, but to also look for ways to encourage and help others. Students could be encouraged to help other students through tutoring and helping other students with homework and household chores. Students could also connect with local help agencies and help serve others in their community. Students could report their actions daily. On poster board, list all students in the class and place an indicator by each student's name as he/she is caught by others doing something positive. Students who perform x number of positive actions will be entitled to attend an all-school bash with food, drinks and games. The school could set the exact number of actions needed.
- **Journals.** Have students keep a journal for several days of their activities and anything to do with forms of media. Have students focus on how their feelings fit into their enjoyment of daily events. Did any media affect his/her day? At the end of the time period, have students share their journals.

Relevant National Standards

McREL establishes the following National Standards at www.mcrel.org

Health

- Knows essential concepts about the prevention and control of disease
- Understands aspects of substance use and abuse

Thinking and Reasoning

- Understands and applies basic principles of logic and reasoning
- Applies basic trouble-shooting and problem-solving techniques
- Applies decision making techniques

Life Skills

- Working with others: Contributes to the overall effort of a group
- Working with others: Displays effective interpersonal communications skills

Language Arts – Listening and Speaking

- Demonstrates competence in speaking and listening as tools
- Students will use descriptive language that clarifies and enhances ideas
- Students will use a variety of sentence structure to express expanded ideas



Developing Healthy Self-Esteem

Do not compare yourself to others.

Everyone is different and unique. There is no other person exactly like you.

Don't put yourself down.

You will become what you say and think you are.

Admit mistakes.

Refuse to keep beating yourself up over them. You are your own worst critic. Don't keep tearing yourself down.

Be kind.

To you and to other people.

Think positive.

Don't dwell on others' negative comments.

Be involved.

Hang out with people who are positive, who like being with you and enjoy life.

Learn to laugh.

Even at yourself—experience the humor in life.

Encourage, accept and respect.

Help others accept themselves.

Be positive.

How long can you go without saying something negative?

Guard media.

Messages in what you hear, watch and read should encourage and build you up.