



Corbin & Associates, Inc.
Lesson Plan of the Month
(January 2004)

Topic: Self- Esteem
Target Group: Middle/High School
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Objectives:

1. Identify or define self-esteem
2. Identify warning signs and dangers of low self-esteem
3. Identify ways to improve self-esteem

Introduction:

- I. Introduce self and describe experience
- II. Introduce topic (Self-Esteem)

Body:

I. What is Self-Esteem?

Self-Esteem is the opinion you have of yourself. It is based on your attitude to the following:

- Your value as a person
- The job you do (or schoolwork)
- Your achievements
- How you think others see you
- Your purpose in life
- Your place in the world
- Your potential for success
- Your strengths and weaknesses
- Your social status and how you relate to others
- Your independence or ability to stand on your own feet

II. What is low self-esteem?

- Low self-esteem results from you having a poor self image caused by your attitude towards one or more of the above

III. What is high self-esteem?

- High self-esteem is the opposite. It is a very important aspect of your life. If you have a high level you will be confident, happy and sure of yourself. You would be highly motivated and have the right attitude to succeed.

IV. Dangers or warning signs of low self-esteem

- A. Alcohol/drug abuse
- B. Sexual promiscuity
- C. Bullying
- D. Depression/Suicide
- E. Gangs/School violence

V. Self-Confidence tips

A. Feel good when you want

1. Find 3 things to make you feel good (memories, music, friends, sports etc.)

B. Beat Self-Consciousness (don't focus on yourself)

1. Learn to keep your attention off yourself
 - a) If your feeling self-conscious focus on your surroundings or social setting
2. Focus on your good qualities

C. Don't take undue criticism – even from yourself

1. Confident looking people have bad moments too
2. Just because you don't feel confident doesn't mean other people can tell
3. Everyone is good at something
 - a) It's not just about thinking good about yourself, it's about not thinking bad about yourself for no reason
4. Do things to build confidence

- a) Play Sports
- b) Join Clubs (not gangs)
- c) Play Music
- d) Draw, Paint
- e) Mentor/Tutor
- f) Counseling

Resources:

- Teachers
- Coaches
- Friends
- Parents
- Teen Help Lines
- SRO
- United Way
- YMCA
- Boy's & Girl's Club

Review:

Review main points

1. Self-esteem is important and can improve
2. Help those with self-esteem issues
3. Oprah "Got to love yourself before you can love others"

Practice: Q & A

Sources: more-selfesteem.com
kidshealth.com
Oprah

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