**BMW Form1 Term 2**

**Self Esteem**

Last two sessions, we discussed Positive Attitudes.

For one to have a positive attitude, must you have a great feeling about yourself?

When we talk of self esteem, is this the feeling we are talking about?

What is self esteem?  *( encourage discussion )*

Do you think we are just born with self esteem? Or does it grow as we grow?

Self esteem is made up of a number of characteristics. Most of these develop through our personal experiences in life.

**Let’s discuss three characteristics:**

**Self Contro**l, this is the ability to set limits for myself and set aside immediate gratification for the sake of future benefits. Eg. I limit my play time on the WII or PS2/3

As I know I have to study for midterms.

 Eg. I do not take the cigarette because I know it is not healthy. I **do not** want to smoke !!

**Self Respect**, this is an attitude of proper pride and esteem for myself. Self respect means that I live by standards of behavior and actions, of which I can never be ashamed of.

Eg. Do I participate in excessive talking and rudeness to the teacher or adult in the classroom?

Have I set a standard that cheating is against the law and I will never sink to that level?  These may have been instilled in you from home, primary school or religion. Once believed it becomes your standard.

**Self respect requires maturity.** (We the facilitators must recognize that many of the boys are still quite immature and maturity is an ongoing process through these years.)

**Self Esteem**

Self-esteem means you really like yourself, both inside and out. It refers both to how you look and what you believe in. This is also called **"positive" or "high" self-esteem.**

Sometimes it's easy to like who you are. You feel great when you pass a test, score a winning touchdown, or tell a funny joke that everyone laughs at. But how do you feel about yourself when you just said something stupid or fumbled the football? You sometimes feel dumb or left out of the action.

You start wishing you were someone else or that you could change how you look. You think you aren't good in school, on the team, or part of the cool crowd. This is **"negative" or "low" self-esteem**.

**Why is self-esteem important?**

As a teen, you now have more responsibility to choose between right and wrong. Your parents are no longer constantly by your side. Positive self-esteem gives you the courage to be your own person, believe in your own values, and make the right decision when the pressure is on.

Your friends can put a lot of pressure on you. You want to be part of a crowd. The crowd may be the "cool" crowd, the "jock" crowd, the "computer" crowd, or the "brainy" crowd. Belonging to a crowd is a part of growing up – it helps you learn to be a friend and learn about the world around you.

It's okay to want to be liked by others, but not when it means giving in to pressure. Your friends are now making many of their own decisions, and their decisions may or may not be good for you.

It's never worth doing things that could hurt you or someone else. For instance, drinking alcohol or using drugs, joining a gang, or quitting school can all lead to trouble.

 *Reference: Sutter Health. Palo Alto Foundation*

Let us see how important high self-esteem is in each of the following areas.

Put a tick in the column most appropriate. Remember, there is no right or wrong answer.

Please answer truthfully otherwise the session would be wasted.

     Name:                                                                                                                Class:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **How Important is …...** | **Very Important** | **Important** | **Not important** | **Never thought of it** |
| Believing in a higher being |  |  |  |  |
| Completing School |  |  |  |  |
| Making New Friends |  |  |  |  |
| Keeping Friends |  |  |  |  |
| Participating in competitive sports  |  |  |  |  |
| Playing a sport for fun |  |  |  |  |
| Showing respect for others |  |  |  |  |
| Living a Happy Life |  |  |  |  |
| Knowing what I want to be |  |  |  |  |
| Achieving one’s goals in life  |  |  |  |  |
| Staying free of alcohol and cigarettes |  |  |  |  |
|  Loving and being loved |  |  |  |  |
| Keeping God’s laws  |  |  |  |  |
| Being a responsible, good student |  |  |  |  |
| Staying out of trouble  |  |  |  |  |
| Eating healthy food  |  |  |  |  |
| Making good decisions  |  |  |  |  |

Parents, Please collect all forms and return to the Dean’s office.

These are reviewed and shared with Sister Julie, should any questionable traits be observed. Any constructive contribution is welcomed.