

SELF-ESTEEM - IDEAS, HINTS, QUESTIONS AND HELP

Do the worksheet 'something good' where you write something good about everyone in the group

Discussion questions...

- was it hard or easy to write compliments?
- was it hard to receive compliments?
- is it easier to compliment someone or dis them (slag them off)?

What is self-esteem?

Young people and self-esteem > >> > PART 1 - THEM

Where do you think young people get their self-esteem from?

Why do you think so many young people have low self-esteem?

Young people and self-esteem > >> > PART 2 - YOU

Is your self-esteem based on what others think of you? Should it be?

What can you do if you have a low self-esteem?
