

# *Self-Esteem*



# Objectives

1. To understand the concept of self-esteem.
2. To recognize healthy and unhealthy self-esteem in youth.
3. To identify how to assist youth with the development of healthy self-esteem.



# Objective 1

To understand the concept of self-esteem.



# Self-esteem defined

*“self-esteem is a realistic respect for or favorable impression of oneself”*

*Random House Dictionary*



# Self-esteem defined

“...the experience of being competent to cope with the basic challenges of life and of being worthy of happiness.”

Dr. Nathaniel Branden,  
noted psychotherapist



# Self-esteem defined

Self-esteem is composed of two components:

1. Self-efficacy - confidence in one's ability to think, learn, choose, and make appropriate decisions; and



# Self-esteem defined

2. Self-respect - confidence in one's right to be happy and in the belief that achievement, success, friendship, respect, love, and fulfillment are appropriate to us (Branden, 2006).



# Self-esteem defined

- Self-concept vs. self-esteem

“Self-concept can be seen as an overall term that includes all ideas a person has about him/herself.”

Dr. Judith Myers-Walls

Purdue University



# Self-esteem defined

The self-concept can be seen as having four components:

1. Self-image - the way a person describes him/herself and the groups to which a person feels s/he belongs.



# Self-esteem defined

2. Self-esteem - the value a person gives to those characteristics or how a person evaluates the self-image.



# Self-esteem defined

3. Self-efficacy - the amount of influence a person feels s/he has over the things in his/her environment or the power a person feels s/he has over what happens to him/her.



# Self-esteem defined

4. Social-identity - how a person feels society and others around him/her feel about people in the categories into which that person falls.



# Objective 2

To recognize healthy and unhealthy self-esteem in youth.



# Healthy self-esteem traits

1. They are more likely to take positive risks - they know they might fail, but they also know they might succeed.
2. They are less likely to take negative risks - they respect themselves and avoid dangerous situations.



# Healthy self-esteem traits

3. They are more likely to resist negative peer pressure.
4. They are less likely to go along with the crowd just to fit in.
5. They are strong and can cope with the changes and challenges of life.



# Healthy self-esteem traits

6. They are resilient and can bounce back when they experience problems, disappointments, or failures.
7. They set goals and strive to reach them.



# Healthy self-esteem traits

8. They feel free to explore their creativity.
9. They have a positive attitude toward life.



# Unhealthy self-esteem traits

1. They are less likely to take positive risks - they fear failure and may be paralyzed with self-doubt and self-distrust.
2. They are more likely to take negative risks - they don't respect themselves and may not avoid dangerous situations.



# Unhealthy self-esteem traits

3. They are less likely to resist negative peer pressure.
4. They are more likely to go along with the crowd just to fit in.
5. They do not feel strong enough to cope with the changes and challenges of life.



# Unhealthy self-esteem traits

6. They are not resilient and are less likely to bounce back when they experience problems, disappointments, or failures.
7. They are less likely to set goals.



# Unhealthy self-esteem traits

8. They do not feel confident enough to explore their creativity.
9. They have a negative attitude toward life.



# Objective 3

To identify how to assist youth with the development of healthy self-esteem.



# Ways to build healthy self-esteem

1. Let them know they are loved and appreciated.
2. Respect their feelings and abilities.
3. Spend time with them.
4. Praise their effort.



# Ways to build healthy self-esteem

5. Provide them with opportunities for success.
6. Accept them as they are.
7. Allow them to make meaningful decisions.
8. Focus on what they do right.



# Ways to build healthy self-esteem

9. Discipline in a positive way.
10. Help them cope with occasional negative feedback and frustrations.
11. Model healthy self-esteem for them.
12. Encourage their curiosity.



# Things to avoid

1. Expecting too much or too little from the child.
2. Excessive and harsh criticism, especially in front of other people.



# Things to avoid

3. Not allowing children to make mistakes.
4. Trying to make them somebody else and not honoring their uniqueness.

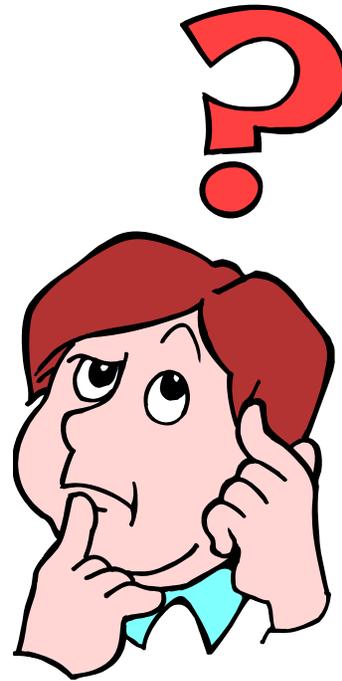


# Group Discussion

1. How might a child with unhealthy self-esteem act out?
2. How might not allowing children to make mistakes impact the development of an unhealthy self-esteem?



# Conclusion & Quiz



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