

# Confidence and Self Esteem for children getting ready for secondary school






# Ground Rules

- Respect each other
- Ask questions
- Keep it sensible
- Please contribute
- If you feel uncomfortable at any time, Go to your teacher and have a quiet word and ask to be excused.
- Suggestions in coping: relax, remember to breathe and drink a little water and re-join the class when you have calmed down.

# What is this session about?



- Today we are going to talk about confidence!
- Talk about activities that can help us to feel healthy
- Look at pictures and images from magazines and videos
- Social web sites and friendship trust
- There are a few group activities to do, a film clip to watch and some words and pictures to match up 😊



# Hands up if you know what confidence is!

- ▶ In your groups discuss and choose one person to feedback to the class





Peter T. McIntyre



Confidence comes not from always being **RIGHT**,  
but from not fearing to be **WRONG**.



# Daily life influences

- Self image
- Magazine pictures
- Phones
- Social websites
- Peer pressure
- <http://www.youtube.com/watch?v=XkFPN1WYi3E>

(Amy, clip)







IF YOU ARE  
*confident*  
YOU ARE  
*beautiful*

[motivated.com](http://motivated.com)





# Hobbies and activities

- In pairs think about activities that make you feel good about yourself.
- In your groups take turns to say one thing that you enjoy that keeps your body active
- Why do you think it helps to keep our bodies active?
- Why is fresh air and outdoors good for us?
- Which activities can you do outdoors if you are not a very sporty type



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# Watch the film clip evolution

<http://www.youtube.com/watch?v=iYhCn0jf46U>

Remember to reality check and not compare your self to unrealistic expectations, girls and boys!

Fairy tale images are not real and we need to remember this.



# What are appearance ideals?

**What can trying to match appearance ideals cost you in time, money and emotions? Write your ideas below:**

- ▶ **Time** (late for school because of spending too much time on hair)
- ▶ **Money** (buying all the latest 'must have' products)
- ▶ **Emotions** & feelings (not feeling good enough)
- ▶ <https://www.bing.com/videos/search?q=daily+motion+true+colours+dove&&view=detail&mid=93ACD135B1BF96915D9F93ACD135B1BF96915D9F&rvsmid=43A5A2B03054AC606B4943A5A2B03054AC606B49&FORM=VDQVAP>

What's the result of spending all this time, money and emotion trying to match appearance ideals?



# Quick quiz time 😊

## 1. What is **positive** body confidence?

- (a) Having lots of trendy clothes and the latest phone
- (b) feeling bad about yourself
- (c) Feeling good about yourself

## 2. What can cause **low** confidence?

- (a) Being called names
- (b) A grown up saying you have done well
- (c) Being invited to a birthday party





# Summary

- ▶ We have looked at how images on screen can be changed to make people look unnatural and we should remember that .
- ▶ The way we use words can be kind or hurtful , think about what you say and how it may upset some one or make them feel better.
- ▶ Use appropriate websites for information & advice!<http://useyoursmiletochangetheworld.weebly.com/index.html>