

CHAPTER

3

Self-Esteem

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Lessons

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“ At first, I was **excited** that Shanna and her **friends** wanted to **hang out with me**.

But after they asked me to skip class with them, I realized that I wouldn't feel right doing something that was wrong just to fit in. ”

Health IQ

PRE-READING

Answer the following multiple-choice questions to find out what you already know about self-esteem. When you've finished this chapter, you'll have the opportunity to change your answers based on what you've learned.

1. Which of the following is a characteristic of a person who has high self-esteem?
 - a. feelings of worthlessness
 - b. acceptance of himself or herself
 - c. low levels of confidence
 - d. none of the above
2. The media can influence your self-esteem. The media includes
 - a. TV.
 - b. magazines.
 - c. music videos.
 - d. All of the above
3. Self-esteem is
 - a. how you see your body.
 - b. a measure of how much you value and respect yourself.
 - c. the way you see yourself.
 - d. a measure of how popular you are.
4. Which of the following might help you build healthy self-esteem?
 - a. setting a goal
 - b. helping others
 - c. focusing on your strengths
 - d. all of the above
5. Having integrity means that you are
 - a. popular at school.
 - b. affected by negative peer pressure.
 - c. very intelligent.
 - d. honest with yourself and others.
6. Acting on your values and thoughts without making other people feel bad shows
 - a. assertiveness.
 - b. self-respect.
 - c. your self-concept.
 - d. peer pressure.

ANSWERS: 1. b; 2. d; 3. b; 4. d; 5. d; 6. a

Lesson 1

Self-Esteem and You

What You'll Do

- Explain how self-esteem affects your life.
- Identify the characteristics of high self-esteem and low self-esteem.
- Identify five influences on self-esteem.

Terms to Learn

- self-esteem

Start Off Write

How can your peers affect your self-esteem?

Samantha is not very good at soccer, but she tries very hard. Even though she did not score a goal in the game today, she helped her team score one. And her team won the game!

Samantha has healthy self-esteem. She knows that she may not be the best soccer player. But she is not afraid to play on the team. Samantha feels good about herself because she helped her teammates succeed.

How You Feel About Yourself

Your level of self-esteem is a large part of your personality. **Self-esteem** is a measure of how much you value, respect, and feel confident about yourself. You can think of self-esteem as how much you like yourself.

There are many levels of self-esteem. People who generally feel good about themselves have high self-esteem. People who have low self-esteem don't feel good about themselves. No one has high self-esteem all the time. It is normal to have high self-esteem sometimes and to have low self-esteem at other times. Having a healthy level of self-esteem is important. People who have healthy self-esteem are between high and low levels of self-esteem.

Your level of self-esteem affects how you face new situations. It affects your relationships with other people. Your level of self-esteem affects how you make decisions. Finally, your self-esteem affects your success at the things you do, including how well you do in school. If you have healthy self-esteem, you will be more likely to do well in the things you do. Even if you do not fully succeed, you will be able to deal with disappointment better than if you have low self-esteem.



Figure 1 Shannon did not win the race, but she feels good about herself because she tried very hard. Shannon has healthy self-esteem.



Figure 2 Jennie had never played the flute before. But, she had the confidence to try something new.

High Self-Esteem

People who have a high level of self-esteem share many characteristics. For example, people who have high self-esteem feel good about themselves. They know their strengths, and they know their weaknesses. They accept who they are. Most importantly, they like themselves. People who have high self-esteem are comfortable with their personality. They are comfortable with their physical appearance. People who have high self-esteem usually do not depend on the opinions of others to feel good about themselves. They do not let negative comments from others affect them too much. They are confident in themselves and they are more likely to choose behaviors that are healthy.

Low Self-Esteem

People who have low self-esteem also share certain traits. People who have low self-esteem do not feel very good about themselves. People who have low self-esteem are affected deeply by what others say to them. They also have a low level of confidence. Sometimes, people who have low self-esteem are not happy with their physical appearance. They may not be comfortable with their personality. Often, people who have low self-esteem don't practice healthy behaviors.

Many people have parts of their personality that they don't like. You may find yourself feeling this way. However, as you grow as a person, your self-esteem changes. This chapter will help you learn more about building a healthy level of self-esteem.

LIFE SKILLS ACTIVITY

SETTING GOALS

Write down one thing that you want to learn to do but that you are afraid to try. Figure out three things you can do to get started. Write down when you would like to achieve this goal.

Health Journal

Think of a person who has positively influenced your self-esteem. Write a letter to this person in your health journal. Describe the situation in which the person helped you, and explain how he or she helped you.



How People Affect Your Self-Esteem

Your level of self-esteem changes as you grow emotionally. As your self-esteem develops, it is influenced by many factors. Some of these factors include your family, friends, teachers, and coaches.

Your family is a large influence on your self-esteem. The way your family acts toward you and the amount of support your family gives you can affect your self-esteem. Your family is usually a good source of encouragement, which can help you build high self-esteem.

Your friends can also influence your self-esteem. Friends who encourage and support each other help build high self-esteem. Your peers also have an effect on your self-esteem. Sometimes, peers may tease you or bully you. These actions may hurt your self-esteem if you let them.

Your teachers and coaches may influence your self-esteem as well. Teachers and coaches often support and encourage teens to succeed. By encouraging you, they can boost your self-esteem.

The person who influences your self-esteem the most is you. You can decide how much you respect and value yourself. You can also decide to focus on your strengths and to encourage yourself.

Figure 3 Teachers are very encouraging and can help boost your self-esteem.





Figure 4 Knowing that the media is not always realistic can help you have healthy self-esteem.

The Media and Your Self-Esteem

The media can affect your self-esteem. The media includes TV, magazines, movies, and music videos. The media tends to show only people who are very successful and unusually attractive. Some people compare themselves to the people they see in the media. If someone is not comfortable with his or her body, he or she may develop an unhealthy body image.

Your **body image** is the way you see and imagine your body. Your body image can affect your self-esteem. If you don't feel good about your body, you probably won't feel good about yourself. If you understand that the media shows only a certain body type, you will be less likely to have an unhealthy body image. So, your body image will not negatively affect your self-esteem.

Lesson Review

Using Vocabulary

1. How does self-esteem affect your life?

Understanding Concepts

2. Name five factors that influence your self-esteem.

3. Explain the difference between high self-esteem and low self-esteem.

Critical Thinking

4. **Making Inferences** How would having a healthy level of self-esteem help you overcome the fact that you did not get a part in the school play?

Lesson 2

Your Self-Concept

What You'll Do

- Describe how self-concept and self-esteem are different.
- Identify three areas of self-concept.

Terms to Learn

- self-concept

Start Off Write

How does self-concept develop?

Tai gets good grades in math. He has a group of good friends, but he doesn't think he is very popular at school. He also thinks that he doesn't do as well in gym as his classmates do.

Tai sees himself as a good student who has good friends. He realizes that he may not be as popular as some of his peers or be a star athlete. But he sees himself as person who has many strengths. The way Tai sees himself is called his *self-concept*.

What Is Self-Concept?

Self-concept is a part of self-esteem. **Self-concept** is the way you imagine and see yourself as a person. Self-concept is different from self-esteem. Your self-concept is the way you see yourself in comparison to other people. But your self-esteem is how you feel about yourself. For example, you may see yourself as an artist. You see yourself as an artist because you like to draw and paint. This image of yourself is your self-concept. You feel good about yourself because you can draw and paint well. This feeling is your self-esteem.

Your self-concept can affect your self-esteem. Suppose you think that you are not very good at science. This self-concept leads you to feel bad about yourself. This self-concept can lower your self-esteem. In this case, your self-concept affected your self-esteem in a negative way. Having a positive self-concept will help you keep a healthy level of self-esteem.

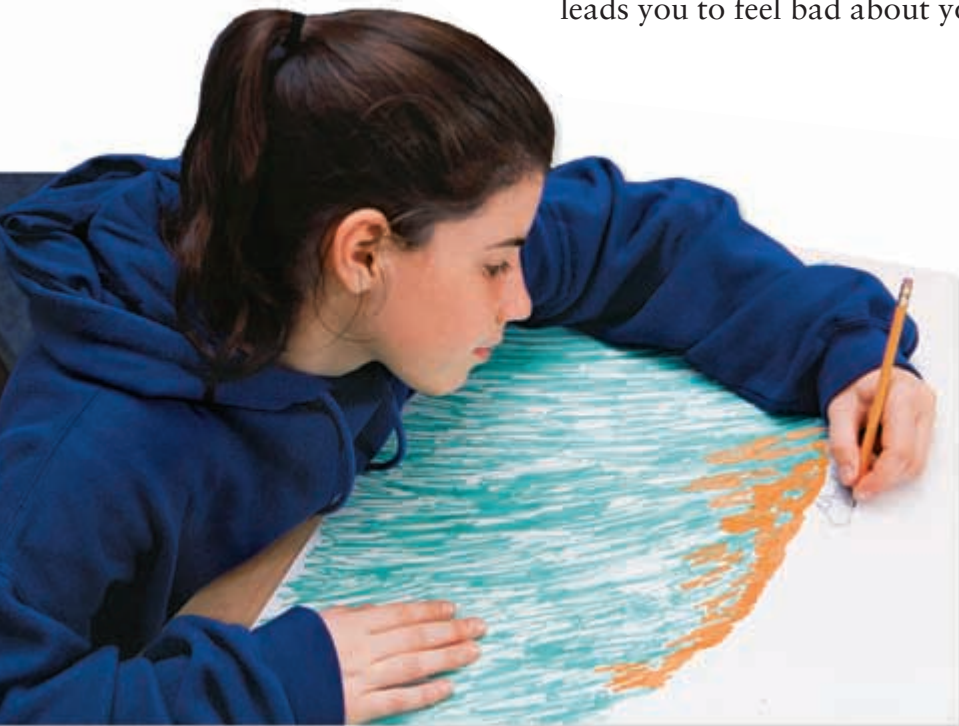


Figure 5 Allison sees herself as an artist because she likes to paint and draw. This image of herself is her self-concept.

How Self-Concept Develops

Your overall self-concept develops from different areas of your personality. Three important areas include your academic self-concept, your physical self-concept, and your social self-concept.

Your academic self-concept is how you see yourself as a student. You may compare yourself to other students at school. In some classes, you may feel that you are a good student. In other classes, you may not feel the same way. The way you see yourself in comparison to your classmates is your academic self-concept.

Your physical self-concept is how you see your physical abilities. You may see yourself as being a very good athlete. Or you may see yourself as an average athlete.

Your social self-concept is how you see yourself in your relationships. Your social self-concept is how you see yourself as a friend, as a peer, as a brother or sister, and as a son or daughter. For example, you may see yourself as a very good friend. But sometimes you may think you could be nicer to your siblings.

These three important areas of self-concept form your overall self-concept. As you grow emotionally, your overall self-concept will change. Having a positive self-concept will help you have healthy self-esteem.

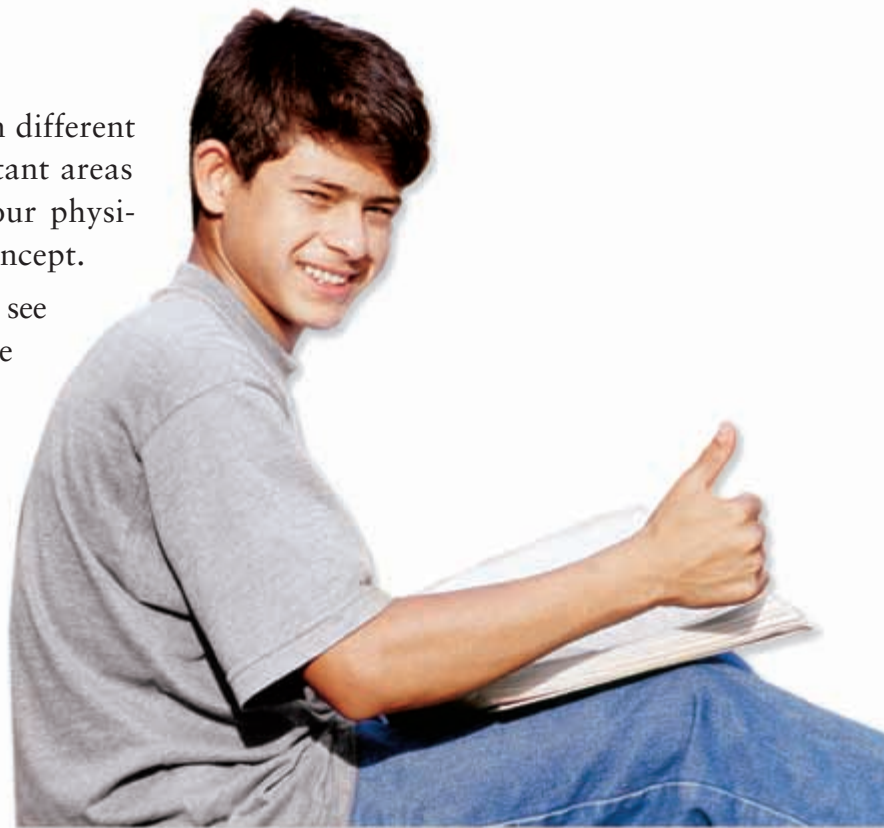


Figure 6 Rafael does not think he is the best athlete. But he sees himself as a good student and a great friend. His overall self-concept is positive.

Lesson Review

Using Vocabulary

1. In your own words, define the term *self-concept*.

Understanding Concepts

2. How is self-concept different from self-esteem?
3. What are three areas of self-concept?

Critical Thinking

4. **Making Inferences** How would having a negative self-concept affect your self-esteem?
5. **Analyzing Ideas** Jason sees himself as a good athlete. However, sometimes, he does not feel good about himself. How can Jason use his positive physical self-concept to boost his self-esteem?

Lesson 3

Building Self-Esteem

What You'll Do

- Identify three keys to healthy self-esteem.
- Identify seven ways to build healthy self-esteem.

Start Off Write

What can you do to build healthy self-esteem?

Figure 7 Doing the right thing, such as refusing tobacco, may not always be the popular choice. But it will help you develop healthy self-esteem.



Eric has a hard time fitting in at school. He doesn't have many friends, and this makes him feel bad about himself. Last week, a classmate asked Eric if she could copy his homework.

Eric let his classmate copy his homework. Now he feels terrible because he knows he did something wrong. Eric wonders how he can feel better and build healthier self-esteem.

Three Keys to Healthy Self-Esteem

Your actions affect the way you feel about yourself. You can learn to have healthy self-esteem by building good character. There are three key ways to build good character and healthy self-esteem. These keys are having integrity, respecting yourself, and being assertive.

Your integrity is your honesty to yourself and others. Integrity is your ability to take responsibility for your actions. Eric didn't really want his classmate to copy his homework. In this case, Eric had trouble being honest with himself.

You must respect yourself to have healthy self-esteem. Respecting yourself means knowing what is right for you and what is wrong for you. You are respecting yourself if you refuse to join an activity that you know is wrong. Sometimes, it is hard to refuse things, especially if you are trying to make friends. But you will feel better about yourself if you respect yourself.

Finally, being assertive can help you build healthy self-esteem. Being assertive means acting on your thoughts and values in an honest, respectful way. Being assertive also means having confidence in yourself. You are being assertive when you communicate your feelings without making other people feel bad. You may need help in developing the three keys to healthy self-esteem. This lesson will give you some strategies to help you develop these areas.

Seven Ways to Healthy Self-Esteem

Here are seven ways to help you build your self-esteem.

Get to know yourself. Getting to know yourself is an easy way to build self-esteem. Think about who you are as a person. Perhaps you like to ride bikes but dislike playing basketball. Maybe you think that you are a good reader but that you could improve your math skills. What kinds of things do you like? What kinds of things don't you like? What are your strengths, or positive qualities? What are your weaknesses? These are good questions to ask yourself. These questions will help you get to know yourself better. When you know yourself, developing integrity will be easier. If you know yourself, you will be able to respect yourself and to be assertive. So, knowing yourself can help you build healthy self-esteem.

Accept yourself. After getting to know yourself, the next step to building a healthy self-esteem is accepting yourself. You must accept your strengths and your weaknesses. You must accept that you like certain things and don't like other things. Accepting yourself means that you don't want to change your personality too much.

Accepting yourself may include accepting your appearance. Everyone has parts of their appearance that they like and parts that they dislike. For example, a friend of yours may not like her nose, but she likes her hair. Once you accept yourself, you will be able to feel good about yourself. Accepting yourself will help you build healthy self-esteem.

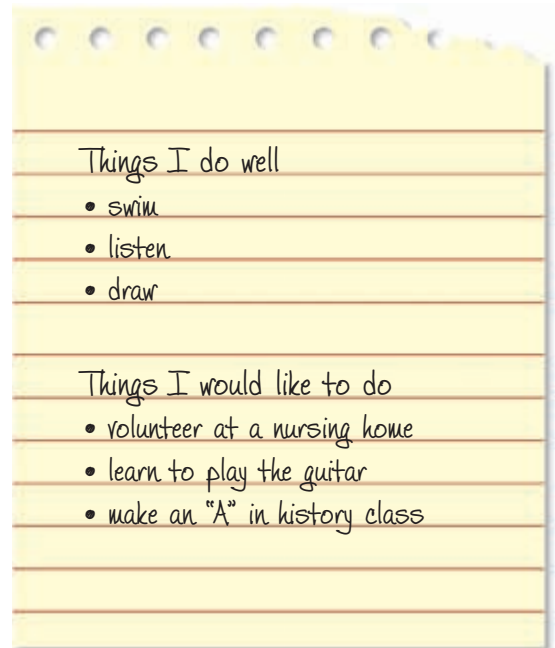


Figure 8 Trying new things is one way to get to know yourself better.

Hands-on **ACTIVITY**

SELL YOURSELF!

1. Make a list of your likes and dislikes. Then, make a list of your strengths. Finally, make a list of your weaknesses that you would like to improve.
2. Using your lists, posterboard, markers, construction paper, and magazine cutouts, create a billboard that describes you. Use the billboard to advertise yourself.
3. Create a commercial using your billboard, and present your commercial to the class.

Analysis

1. What did you use to describe your strengths? Was it hard to describe the weaknesses you wanted to improve?
2. After creating your billboard and commercial, do you feel more confident about yourself? Explain your answer.

Figure 9 After playing with his dad's old camera, Tyler realized that he really enjoys taking pictures.



Be good at something. Another way to build self-esteem is to be good at something. Think of the things you like to do. Do you have any hobbies? Are you good at a certain sport? Choose an activity you would like to do well. In your free time, concentrate on practicing the activity you have chosen. If you like what you are doing, you will probably become better at it. Knowing that you are good at your activity will help you feel good about yourself. Being good at your activity will help you build healthy self-esteem.

Set a goal. Setting goals for yourself can help you build self-esteem. Following a plan to reach a goal will give you a sense of accomplishment. Start by setting a small goal. After you feel more confident about setting and reaching small goals, you can set bigger goals. You may have to stretch yourself to reach these bigger goals. By setting goals and reaching for them, you will find your strengths. As a result of finding your strengths, you will build self-esteem.

Be positive. Did you know that you can build self-esteem by being your own personal cheerleader? Thinking positive thoughts is a good way to build self-esteem. Positive thoughts also build confidence. Imagine that you are nervous about a test. You can say to yourself, “I studied for this test, and I know I can do well. I can do it!” Encouraging yourself will help you feel more confident.

LANGUAGE ARTS ACTIVITY

Hong's friend Andy is a negative influence on Hong's self-esteem. Write a skit or story describing why Andy is hurting Hong's self-esteem. Be sure to describe a positive way in which Hong copes with her situation.



Figure 10 Sarah tried out for the school band. She did not get to be part of the band, but not being in the band allowed her to try out for the school play.

Turn problems into challenges. Imagine that you tried out for the swim team and didn't make the team. Not making the swim team may be disappointing. However, you may choose to see it as a challenge instead. Your challenge can be to try harder for next year. And now you have an opportunity to be on the debate team! Looking at problems as challenges will help you deal with disappointments in a positive way. Having a positive attitude helps you build self-esteem.

Do something for others. Helping people who need help is a good way to build self-esteem. Taking part in volunteer work also helps build character. Volunteering allows you to share your strengths with other people. You could volunteer at a local charity. Or you could take part in a food or clothing drive. You could also volunteer at a nursing home. Volunteering can help you feel good about yourself. It can build confidence and self-esteem.

Health Journal

Describe a time in which you experienced a disappointment. If this situation happened again, how would you turn the disappointment into a challenge?



Lesson Review

Understanding Concepts

1. How does knowing yourself help you build self-esteem?
2. How can volunteer work build confidence and self-esteem?
3. Describe three keys to having healthy self-esteem.

Critical Thinking

4. **Using Refusal Skills** Imagine that a classmate pressured you to skip class with him. What would you say to your classmate? How will your answer reflect your character and your self-esteem?

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Topic: **Building Healthy Self-Esteem**

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Chapter Summary

■ Self-esteem is how much you like yourself as a person. Self-esteem includes how much you value yourself and how you feel about yourself. ■ Self-esteem affects your relationships with other people and how you face new situations. ■ Five influences on your self-esteem include family, friends, teachers, coaches, and the media. ■ Self-concept is how you see yourself. Three areas of self-concept are academic self-concept, social self-concept, and physical self-concept. ■ Three keys to healthy self-esteem include having integrity, respecting yourself, and being assertive.

Using Vocabulary

For each pair of terms, describe how the meanings of the terms differ.

- 1 self-esteem/self-concept
- 2 body image/self-esteem

For each sentence, fill in the blank with the proper word from the word bank provided below.

self-esteem self-concept
body image

- 3 ___ is how much you like yourself and how you feel about yourself as a person.
- 4 How you see and imagine your body is your ___.
- 5 How you see yourself as a person is called your ___.

Understanding Concepts

- 6 What are the characteristics of a person who has high self-esteem?
- 7 What is academic self-concept?
- 8 How can your friends be a positive or negative influence on your self-esteem?
- 9 What is physical self-concept?
- 10 List seven ways to build self-esteem.
- 11 What does having integrity mean? Give an example.
- 12 Discovering your strengths and weaknesses, or getting to know yourself, can help you build healthy self-esteem. Explain why this may be true.
- 13 Explain how setting a goal can help boost your self-esteem.
- 14 What does being assertive mean? Give an example.
- 15 What are the characteristics of a person with low self-esteem?
- 16 How can the following actions help you build a healthy self-esteem?
 - a. accepting yourself
 - b. developing a hobby
 - c. being positive
 - d. looking at problems as challenges and not as disappointments

Critical Thinking

Applying Concepts

- 17 Why is it healthier to have high self-esteem than to have low self-esteem?
- 18 Luke enjoys playing football. This year, Luke really wanted to play football. Luke tried out for the football team, but he didn't make it. Now, he is a little disappointed. Explain how Luke may turn this disappointment into a challenge.
- 19 Explain how a classmate who teases you can affect your self-esteem.
- 20 How does your overall self-concept develop?

Making Good Decisions

- 21 Use what you have learned in this chapter to set a personal goal. Write your goal, and make an action plan by using the Health Behavior Contract for building healthy self-esteem. You can find the Health Behavior Contract at go.hrw.com. Just type in the keyword [HD4HBC02](#).

Name _____ Class _____ Date _____

Health Behavior Contract
Self-Esteem

My Goals: I _____, will accomplish one or more of the following goals:
I will build a higher self-esteem.
I will focus on my strengths.
I will make a plan to improve my weaknesses.
Other: _____

My Reasons: By building a healthy self-esteem, I will improve my overall confidence and attitude, and I will feel good about myself as a person.
Other: _____

My Values: Personal values that will help me meet my goals are

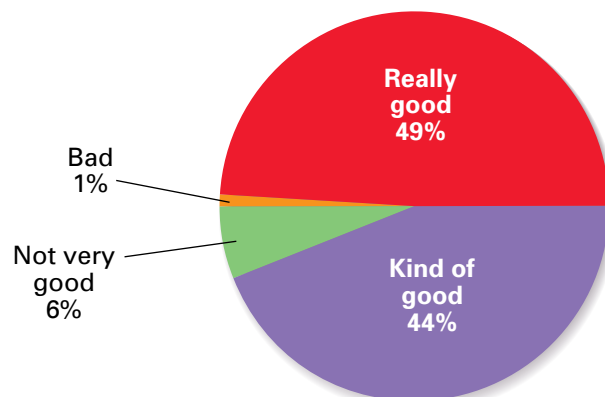
My Plan: The actions I will take to meet my goals are

Evaluation: I will use my Health Journal to keep a log of actions I took to fulfill this contract. After 1 month, I will evaluate my goals. I will adjust my plan if my goals are not being met. If my goals are being met, I will consider setting additional goals.

Signed _____
Date _____

Interpreting Graphics

How Students Feel About Themselves



Use the figure above to answer questions 22–25.

- 22 Imagine that a survey was taken at a local middle school in your city. The pie chart above shows how the students at the middle school feel about themselves. According to the chart, do most students have high self-esteem or low self-esteem?
- 23 What percentage of students may have low or unhealthy self-esteem?
- 24 If 300 students completed this survey, how many students feel “Really good” about themselves?
- 25 If 300 students completed this survey, how many students feel “Not very good” about themselves?

Reading Checkup

Take a minute to review your answers to the Health IQ questions at the beginning of this chapter. How has reading this chapter improved your Health IQ?

Communicating Effectively

Have you ever been in a bad situation that was made worse because of poor communication? Or maybe you have difficulty understanding others or being understood. You can avoid misunderstandings by expressing your feelings in a healthy way, which is communicating effectively. Complete the following activity to develop effective communication skills.

Teasing Troubles



Setting the Scene

Daniel has new braces. He doesn't like them—they feel uncomfortable and he thinks they make him look funny. The day after he got the braces, his classmates started teasing him about them. Since then, several classmates—including some of his friends—have been calling him Metal-Mouth and Jaws. The teasing makes Daniel feel bad, and he wishes his classmates would stop teasing him.



The 4 Steps of Communicating Effectively

1. Express yourself calmly and clearly.
2. Choose your words carefully.
3. Use open body language.
4. Use active listening.

Guided Practice

Practice with a Friend

Form a group of three. Have one person play the role of Daniel and another person play the role of one of Daniel's classmates. Have the third person be an observer. Walking through each of the four steps of communicating effectively, role-play Daniel telling his classmate to stop teasing him. The classmate should use active listening when Daniel speaks. The observer will take notes, which will include observations about what the person playing Daniel did well and suggestions of ways to improve. Stop after each step to evaluate the process.

Independent Practice

Check Yourself

After you have completed the guided practice, go through Act 1 again without stopping at each step. Answer the questions below to review what you did.

1. Why is it important for Daniel to express himself calmly and clearly when confronting his classmate?
2. What body gestures should Daniel use to show open body language?
3. How will active listening help Daniel's classmate understand Daniel's views?
4. Why should Daniel use active listening?
5. How can healthy communication help Daniel's self-esteem?



On Your Own

After Daniel talked to some of his classmates, they stopped teasing him about his braces. A few weeks later, Daniel learns that several of his friends have had their feelings hurt by teasing. Daniel decides to teach his friends how to stop others from teasing. Imagine you are Daniel and make a pamphlet that explains how to use the four steps of communicating effectively to stop others from teasing.

