

What is... Self-Esteem?

Self-esteem is how you feel about yourself. Sometimes you have high self-esteem and positive feelings. Other times you have low self-esteem and negative feelings. Still other times you may feel somewhere in between

— not completely positive or negative.

Read over the feelings scale below and

determine how

you feel about yourself today.

Where do you fit on each of the lines?

strong
talented
smart
good-looking
athletic
fun
good friend
kind

weak
stupid
ugly
unpopular
nerd
boring
lonely
loser



High Self-Esteem
Positive Feelings

Low Self-Esteem
Negative Feelings



- | | |
|--------------------|------------|
| Capable | Incapable |
| Energetic | Tired |
| Strong | Weak |
| Self-assured | Insecure |
| Competent | Inadequate |
| Fulfilled | Empty |
| Enthusiastic | Bored |
| Powerful | Powerless |
| Confident | Unsure |



The 3 R's of Self-Esteem

How you feel about yourself comes from how people respond to you, and from how they treat you. Family, friends, classmates, and teachers all play a role in influencing self-esteem. Self-esteem is important because it affects how you live. It affects how you...

Respond to disappointments

People with high self-esteem know disappointments can happen to anyone. They don't let them ruin the good feelings they have about themselves.



I guess I really needed to study more. I'll do better on the next test!

People with low self-esteem tend to blame others when things don't go their way. But even though they blame others, they usually end up feeling worse about themselves.



My teacher is a jerk for asking all those dumb questions!

behave in your Relationships

People with high self-esteem aren't afraid of conflict. They know that resolving differences can even strengthen relationships.



To solve this problem, I need to be honest and tell my friends what I think.

People with low self-esteem fear conflict. This often makes them try to avoid or ignore it. They're afraid conflict will make things worse... maybe even tear relationships apart.



If I tell them how I feel, they won't be my friends anymore.

fulfill your Responsibilities

People with high self-esteem know that it's important to keep promises and follow through with their share of the work.



I'll definitely help out! People are counting on me!

Sometimes, people with low self-esteem don't have enough confidence to complete tasks. Instead they may make excuses or blame others for what they don't accomplish.



This is so stupid! I shouldn't have to do this!

Resiliency - The 4th R of Self-Esteem



What's Resiliency?

Resiliency refers to **EVERYONE'S** ability to "bounce back" — to handle Life's challenges in a positive manner. Resilient people tend to have one or more of the following characteristics.

Check which ones describe you best.



Reflective

- I think about what I do & try to understand my actions.
- I can even see the good that can be learned from hard times.



Establishes healthy relationships

- I get along well in a variety of situations with people of all ages.



Self-discipline

- I can wait for what I want if I need to.
- I think before I act — mostly! I try to plan ahead.



Initiative

- I find safe, healthy activities to do.
- I can set goals, work hard, even ask for help if I need it.



Laugher

- I can laugh at myself & at different life situations.



Internal Focus or Locus of Control

- I listen to myself & make up my **OWN** mind in difficult situations.
- I don't need the approval of others in order to do what is right.



Esteem

- I usually feel good about myself & what I can do.
- I have healthy expectations & a positive outlook.



Needed

- I feel needed & believe my efforts can really make a difference.



Thoughtful

- I can use my imagination to solve problems & think creatively.
- I can see beyond what **IS** to what possibly could **BE**.





How can I raise my self-esteem and become more resilient?

Here are some things to try:

1. Get Involved

- Join after school activities, youth groups, clubs, and sports teams
- Volunteer at nursing homes, hospitals, food pantries, and shelters for the homeless

Getting involved will help you to:

- Discover your interests and talents
- Establish healthy relationships
- Improve your “people” skills - that means your ability to talk, listen, laugh, and interact with others in rewarding ways
- Gain a sense of purpose and meaning from realizing that **YOU** can make an important difference in the lives of others.



2. Get Focused

- Set goals & a realistic way for achieving them. (For more information on goal setting, see [Success Learning Center](#).) Some examples of goals are: making a new friend, helping a neighbor, learning a new sport, learning how to play a musical instrument, getting better grades, and learning to speak another language.

Getting focused will help you to:

- Gain a sense of purpose as you work to achieve a goal
- Learn additional self-discipline and self-control
- Experience a sense of pride and accomplishment.

3. Think Positive

- Check your attitude. For example, if you want to be on a team, what do you tell yourself?



I'd love to be on the team but I'm not good enough to make it.

OR



I may never be in the Olympics, but I bet I could make the school team if I work hard.

If you would like to make new friends, what do you tell yourself?



No one ever calls me... I guess no one likes me.

OR



Maybe I could call some people myself. They might be just as shy as I am.

If you want to improve your self-image, what do you tell yourself?



Boy, do I look funny. My ears stick out so much.

OR



I'd probably feel better about my ears if I let my hair grow longer!

Thinking positively will help you to:

- Improve your relationships
- Believe in your ability to make a difference
- Gain a sense of humor
- Accomplish your goals.

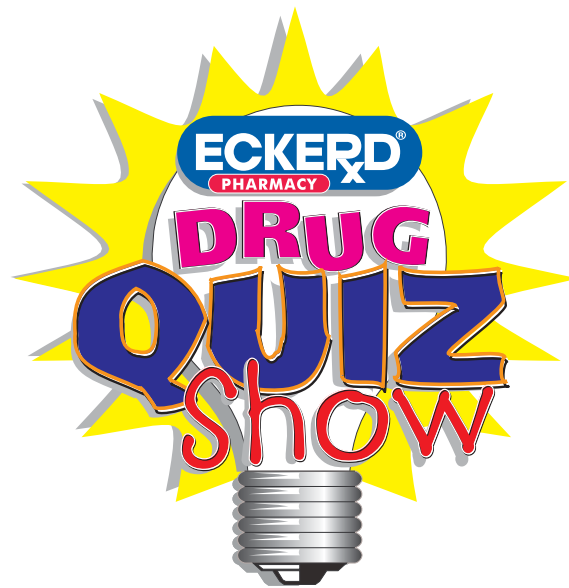


THINK POSITIVE!!

It can really make a difference!!

Start by giving yourself credit for what you TRY to accomplish.

Then focus on what you HAVE — and build on that.



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