

### Self Esteem Worksheet

**Purpose:** You will be doing some exercises around self-esteem today since having a low self-esteem can lead teens to engaging in unhealthy eating patterns (eating disorders examined last week from the text). Thus, it is important for them to understand the signs of having a low self esteem and what they can do to improve their self esteem if it is low.

#### Instructions:

1. Access the link on my teacher web called "Self Esteem and Teens – Peel Public Health". This is located under the links section of the Gr. 10 Foods page.
2. You will need to follow the instructions on this page and write the necessary responses in a word document of your own. This is a self esteem exercise and as such will be completely confidential! You will not be expected to share this with your peers, teacher, or anyone else if you are not comfortable doing so. The main purpose of this exercise is to help you identify if you have a low or high self esteem, what you are good at, what you value, etc.
3. Begin by completing the "Self esteem quiz" and reading the results and debrief section below it.
4. Once you finish this you should click on the "Taking Care of the Basics link" and to answer the question "Ask yourself: What kind of friends do I want to be around? Do I want to be in a relationship?" in a **word document**. Please remember to save this word document at the end of the period since you will be working with this later.
5. From this page click on the "Know Your Strengths" Link. Complete the questions found on this webpage. After you have completed these questions, write a paragraph in your **word document** reflecting on the "What you need to do more of to boost your confidence?" section. See the copied section below for more specifics.

#### What do you need to do more of to boost your confidence?

What did you find about yourself with these quizzes?

- Everyone has both strengths and weaknesses - you're getting to know yours. Whatever you love to do - that's probably what you do best.
- Now for the weak spots - are you being fair to yourself? Is there a hidden strength in there? For example, **stubbornness** is a problem if it means you refuse to listen to other people's ideas when you're trying to work together. It's a plus if it means you don't give up easily when things get difficult.