

SEXTING: Empowering Students to Engage in Positive Communication

Secondary Lesson 5

Lesson Title: Self-Esteem: Empower ME

Description: Because a student's self-esteem may play an important role in the problem of sexting, this lesson focuses on helping students understand the importance of positive feelings about oneself.

Objectives: The students will be able to:

- Become aware of the differences between positive and negative self-esteem
- See the relationship between student's self-esteem and their choices concerning their activities on the computer and on the cell phone
- Understand people's action to either enhance or undermine student's self-esteem
- Learn ways to positively enhance one's self-esteem
- Become sensitive to student peer pressure

Standards-Based Student Development Program Benchmark(s):

Benchmark PS 3.0

Students understand the importance of developing a positive self-concept.

Benchmark PS 4.0

Students begin to develop positive interpersonal skills.

Springboard Activity: Using a poster board and markers, brainstorm the meaning of the word "**Self-Esteem**". Record student responses.

FCAT Benchmarks:

- LA.C.1.4.3 Uses effective strategies for informal and formal discussions.
- LA.E.2.4.8 Draws conclusions.

Accommodations: Teachers of students with disabilities are mandated by state and federal law to provide accommodations as stated on the students' IEP. General accommodations and best practices are listed in the introduction.

Instructional Time: One period

Instructional Materials

- Pen, pencil, paper
- **Handout 5.1: How to Enhance Your Self-Esteem**
- Magazines with advertisements aimed at influencing the reader's self-esteem.
- Favorite photo of a mentor.

Teacher's Note: Self-esteem has been compared to a bucket of water. It starts out full when we are born, but whenever we develop negative beliefs about ourselves, it is like poking little holes in that bucket and our self-esteem drips out.

Instructional Lesson:

Discussion Questions – May discuss some or all questions below aloud. Encourage participation.

1. How does a person's self-esteem play a possible role in the problem of teenage sexting?
2. When we say someone has high self-esteem, what does that mean?
3. Do you think you have to "prove yourself" in some way in order to "deserve" high self-esteem?
 - Do you have to be great at something?
 - Do you have to be super-popular or part of the "in-crowd"?
 - Do you have to be terrifically good-looking?
 - Is there any reason why someone should not be "entitled" to have good self-esteem?
4. Where does high self-esteem come from? Why do you think some people have high self-esteem and others have low self-esteem?
5. What causes low self-esteem? What are some behaviors of people with low self-esteem?
6. Have you ever made yourself feel bad by comparing yourself with others?
 - What can happen when you compare yourself with others?
7. Can we sometimes be too critical of ourselves?
 - What happens when we do that?
8. If people put you down enough you can start to believe it. How does that affect your self-esteem?
9. Is our self-esteem permanent, or does it change?
 - Is it ever too late to change the way we feel about ourselves?
10. Have the group brainstorm a list of things we say or do to ourselves, or to others, which pokes holes in the self-esteem bucket.
11. Make another list of things we can say or do to protect, raise, or reinforce our self-esteem. Place the lists where everyone can see and discuss.

12. Following discussion, give students **Handout 5.1: “How to Enhance Your Self-Esteem”**.

Assessment: Completion of **Handout 1: How To Enhance Your Self-Esteem**.

Follow-up Activities/Home Learning/Parent: Students will bring a magazine ad aimed at influencing either males’ or females’ self-esteem. How is this ad attempting to appeal to me? What assumptions does this ad make about me? How is this ad intended to make me feel about myself? Does it intend to make me feel better about myself or bad about myself? How can my self-esteem determine how this ad affects me?

