

# LOOKING AT SELF-ESTEEM

N:COUNTA 10-14's  
Meeting Real Life Head On!

## Life Skills

Seniors will develop new talents and skills that enable them to make positive contributions to real life.

## Life Issues

Seniors will explore some of the real life issues that they encounter day by day.

## WHY USE THIS TRACK?

As our young people struggle to explore their identity it is likely that many of them will at some time, have low self esteem This track focuses on practical ways to raise their personal self esteem. It touches on some of the effects of low self esteem such as eating disorders and self harm, but it also focuses on the positive effect that comes from knowing that God loves them just as they are.

Week 1: Aim:	Looking At Self-Esteem – What Is Self-esteem? To look at what self-esteem is.
Week 2: Aim:	Looking At Self-Esteem - Real Life Stories To be aware of the pressures facing young women in today's world and how they can affect us.
Week 3: Aim:	Looking At Self-Esteem – Love The Skin You're in! To explore how we can have and maintain a positive image of ourselves.
Week 4: Aim:	Looking At Self-Esteem – Media Mayhem To investigate how the media can affect our self-esteem.
Week 5: Aim:	Looking At Self-Esteem – What Can We Do? To explore how we can help and support other people who may be struggling with issues related to self-esteem.

# LOOKING AT SELF-ESTEEM

In order to achieve these aims young people will:

## ▶ : PLAY

engage in activities and games which are a fun and an interactive way of introducing or developing the track.

## ⏸ : PAUSE

look at how God's word, Jesus' example and an active spiritual life, can help them develop their skills and understanding of the track.

## ◀◀ : REWIND

develop a new skill or way of thinking that will help them to have a greater understanding of the issues or skills related to the track.

## ▶▶ : FAST FORWARD

learn to relate what they have learnt through the track to their day to day life.

### MAKE THE TRACK YOUR OWN:

You know your group best and it is you who must adapt the material provided to make it work in your setting. For example:

**Timing:** Each activity in the track has been given an approximate time scale. Estimate how much time to allocate to each activity based on the time you have each week, the size of your group and their interests.

**Resources:** In places, modern technological resources are recommended for use. These are culturally relevant to young people so use them if you can. If, however, you cannot access the resources adapt the session or use the alternative approaches suggested in the text.

**Flexibility:** If there is an activity which does not make sense to you, or which you are not comfortable with then adapt it. Beware, however, of changing something just because you do not like it - consider the young people's likely response as well as your own.

### CELEBRATE THE YOUNG PEOPLE'S ACHIEVEMENTS:

At the end of each track, take time to celebrate the achievements of the group. Use the '**Celebration Guide**' provided to explore either with the group together or with individuals what they have learnt, achieved or accomplished whilst exploring this track. Certificates are available to acknowledge the young people's engagement with the subject.

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 : SWITCH ON...

## What advanced preparation is needed?

As well as general resources the following more specialised equipment and preparation will be needed:

Week one:	A set of cards (for each pair of girls) each bearing one of the letters of SELF ESTEEM clearly printed on them.
Week two:	Props for drama, an NCV Youth Bible, and a varied selection of teenage girl magazines.
Week three:	10–15 images of celebrities and/or models, a large ball, an A6 piece of paper for each member of the group.
Week four:	A catwalk and some up-beat music, silly dressing up clothes and make-up, teenage girl magazines, a number of touched up photo comparisons and a video camera with the facility to replay it (optional.)
Week five:	All the work created over the last 5 sessions.

 : SWITCH OFF...

At the end of each track...

Pray together:

- for the Senior who struggles to accept praise and encouragement
- for the Senior who is trying to cope with low self esteem through eating disorders or self harming
- for the Senior who uses over confidence to hide low self esteem


Review the 5 weeks programme and identify:

- Which activities went down really well with your young people?
- Were there any areas where you as leaders felt uncomfortable or ill equipped?
- Were there any areas that it would be good to revisit in a deeper way?


Use this information to help you:

- make an informed choice about your next track
- make changes to your approach to the next track


For more information or advice on eating disorders check out beat at <http://www.b-eat.co.uk> or for other issues caused by low self esteem check out ChildLine at <http://www.childline.org.uk/Info/Pages/DamagingYourself.aspx>.

# LOOKING AT SELF-ESTEEM

## WEEK 01 - WHAT IS SELF-ESTEEM?

**Aim:** To look at what self-esteem really is.

### :PLAY (5-10mins)

#### **Anagrams**

**You will need:** A set of cards (for each pair of girls) each bearing one of the letters of SELF-ESTEEM.

Do not introduce the theme of this track. Ask the young people to find partners. Make sure each pair is well away from others. Explain that over the next few weeks the group are going to be looking at a subject that is very important to young people of their age. Give each pair a set of cards prepared as above. Ensure that the letters are mixed up and given to the young people upside down. On the word 'Go!' each pair should organise the letters into the name of this subject. Encourage them not to call out when they have finished, but to let you know so you can see who is first.

### :REWIND (20-25mins)

#### **Key Facts**

**You will need:** Paper and pens.

Give each member of the group a blank piece of paper and a pen or pencil. Encourage each member of the group to find her own space and write down 15 - 20 positive things about herself. After 5-10 minutes, gather the group together and ask them how they found this task. Ask them to keep hold of their personal list of positive things and put it somewhere safe. Next ask them to find a partner who they know relatively well. On a new piece of paper, give them 5-10 minutes to write down 15 - 20 positive things about their partner. Then ask them to give this list to their partner for them to read it. This too can be folded up and put somewhere safe. Gather the group together and ask the following question:

- Was it easier to write positive things about yourself or your partner?

Ask the group to try to give reasons for their answers.

### :PLAY (10-15mins)

#### **True And False Run-a-round**

For active groups:

**You will need:** Resource Sheet 1a and 1b, a label saying 'True' and another saying 'False.'

Select areas of the room to represent True and False and display the labels appropriately. Remind the group that the theme of these sessions is self-esteem. Read out the statements about self-esteem from Resource Sheet 1a. Ask the young people to decide if each statement is true or not and to move to the corresponding area in the room. Create a time limit to engender an atmosphere of speed and competition.

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## OR

For the less active:

**You will need:** Resource Sheet 1a and 1b and a pencil per small group.

Split up into small groups and supply each with a copy of Resource Sheet 1a along with a pen or pencil. The groups must work together to decide whether the statements on Resource Sheet 1a are True or False.

When all the groups have finished, or the game is over, go through the questions one by one. Discuss the young people's answers and, where appropriate, ask the young people to give reasons for their answer(s). (You will find the correct answers and a brief explanation for those answers on Resource Sheet 1b.)

## ⏸ : PAUSE (10-15mins)

### We Are In God's Image

**You will need:** A Bible.

Read Genesis 1:26-31. Explain that God created all human beings in His likeness. When He created us it was almost as if He were drawing a self-portrait or sculpting a model of Himself. God put us in charge of all living things, which showed that right from the beginning, He really believed in us and cared about us.....and He still believes in us and cares about us today! God looked at His creation (that's us!) and was really pleased with what He had made. God loves us unconditionally and wants to be in a relationship with us. Discuss the following questions with the young people:

- Does it help our self-esteem knowing that God loves us and made us in His own image?
- Does that mean that God looks like us?

## ▶ : FAST FORWARD (5-10mins)

### Just Checking!

**You will need:** A large sheet of flip chart paper and a marker.

Get a flip chart and ask each member of the group to say one thing they have learnt during the session. Ask them to add any questions the session has raised in their minds. Write their thoughts and comments on the flip chart paper so that everyone can see. You may want to display their responses during the next four sessions as a way of keeping the group focused.

**Note to leaders:**  
Ask the group to bring in teenage magazines for the next session.

## RECAP

*We are fantastic human beings, created and loved by God and full of skills and talents which make us unique and special. If we understand this and feel comfortable with who we are our self-esteem will be positive.*

# LOOKING AT SELF-ESTEEM

## WEEK 02 - REAL LIFE STORIES

**Aim:** To be aware of the pressures facing young women in today's world and how they can affect us.

 :PLAY (30-40mins)

### Hot Seating

**You will need:** Props for drama as available in the room/s you meet in.

Split into groups of 4-5. Each group has 15 minutes to create a 2-3 minute sketch relating to self-esteem. The sketch may be taken from any viewpoint the young people choose. Here are a few ideas/topics to get them started:

- Eating Disorders (Anorexia, Bulimia, Compulsive Eating)
- Self-harming
- Suicide
- Being in situations that lead to self-esteem issues such as being bullied, peer pressure, broken family background etc.
- Plastic surgery
- Thinking that clothes and make-up define who you are

Encourage variation and cover as many of these topics as possible. After 15-20 minutes, ask the groups, in turn, to perform their dramas. Members of the audience can shout 'STOP' at any point during a performance and ask to 'HOT SEAT' any of the characters. This means that the people performing must immediately freeze and the chosen character has to answer the audience's questions. 'HOT SEAT' questions might include:

- How are you feeling?
- How is the current situation affecting you?
- What are you thinking?

If the young people find the interruptions to their dramas difficult to cope with, let them perform without interruption and introduce the hot seating activity afterwards. The aim of 'HOT SEATING' is to find out as much as possible about the character in question.

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## ⏸ : PAUSE (10-15mins)

### A New Start

**You will need:** An NCV Youth Bible.

Read Colossians 3:1-17 from the Youth Bible and explain that this passage is all about our new life with Christ. When we invite Jesus into our lives we become a new creation. Our old life dies and we have a new life, a chance to start again. It does not matter what we have done in the past because Jesus accepts us as we are. We do not need to be perfect or sinless because God will always welcome us with open arms. If people struggle with self-esteem issues it does not mean that God does not love them. He loves everyone equally and gives everyone the opportunity to have a new life in Him. God can help those people to start again and overcome their self-esteem struggles. Consider the following:

- How does this Bible passage help those who are struggling with self-esteem issues?
- What is significant about verse 10?

## ▶ : FAST FORWARD (15-20mins)

### Create A Celebrity Collage

**You will need:** A varied selection of teenage magazines, glue, scissors and a large piece of paper or card.

Ask the young people to work in small groups. Encourage each group to look through the magazines for articles, headlines or images related to self-esteem. They should cut them out, stick them on to the big piece of paper or card and make a whole group collage. Ask the young people to share why they have chosen the images they have used. Take examples from the collage to explain that many people around the world struggle with self-esteem related issues.

### RECAP

*If our self esteem is not good it can cause us to make choices that hurt ourselves or others. God loves us no matter what and He can help us to raise our self- esteem and to feel better about ourselves.*

# LOOKING AT SELF-ESTEEM

## WEEK 03 - LOVE THE SKIN YOU'RE IN!

**Aim:** To explore how we can have and maintain a positive image of ourselves.

### ▶: PLAY (10-15 mins)

#### Positive Image Word Search

**You will need:** A copy of Resource Sheet 2 per person and pencils.

Give each member of the group a copy of Resource Sheet 2 and a pen or a pencil. This is a word search puzzle. The aim of this puzzle is for each girl to build up a positive image of who they are. When the puzzle has been completed you may want to explain that these words describe who they are and how God sees each one of them; a precious, very special, beautiful piece of art that has been hand made by God.

### ⏸: PAUSE (10-15mins)

#### What Matters?

**You will need:** Resource Sheet 3, or a variety of different translations of the Bible.

Get 4 volunteers to read 1 Peter 3:3-4 from different translations of the Bible. Resource Sheet 3 has four different versions of this passage. Explain that it is very easy to judge how beautiful a person is by their appearance. Sometimes they look in the mirror and do not like what they see. But God looks at their inner beauty and what they are like on the inside. He looks at their personality and what is in their hearts, not their appearance. True beauty comes from within. It is not wrong to make an effort with their appearance. However, if they cannot answer the door without wearing make-up then maybe there is a problem. They need to make sure their identity is not based on appearance. Try looking at it like this - when they start putting themselves down and moaning about what they see when they look in the mirror, they are actually criticising God's workmanship! They are moaning about something that God has taken the time to create. God loves them as they are and does not want them to be any other way. They need to be happy being themselves and learn to love the skin they are in! Discuss together the following questions:

- How do you feel about the way you are?
- What effect does this passage have on the way you feel?

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◀: REWIND (15-20mins)

## Beautiful People

**You will need:** 10–15 images of celebrities and/or models. You can get these from a magazine, newspaper or an Internet search engine, if possible the equipment to view the images on a big screen.

During this session the group are going to explore the question, 'What makes people beautiful?' Display the celebrity/model images one at a time and ask the young people to comment on what makes each person beautiful. When all the images have been displayed explain that people are not necessarily beautiful just because they have perfect hair, flawless skin, a good body and a designer dress sense; it is what is on the inside that counts. Some people may look beautiful but have horrible personalities. Encourage a discussion around the question:

- What is more important, a beautiful personality/spirit or a beautiful body?

It might be helpful to divide the young people into 2 groups and ask each half to defend a different side of the argument.

▶: PLAY (5-10mins)

## AFFIRMATION

**You will need:** A large ball.

Stand the group in a large circle. The ball must be thrown randomly round the circle from one to another, ensuring that no one gets a second turn until everyone has had one go. As the ball is thrown the person catching the ball must shout out a positive characteristic e.g. well mannered, polite, kind, honest, trustworthy, good humoured. The characteristic does not have to relate to any particular person. The idea is to explore the many positive traits of character that exist. Players must watch the sequence of the ball, remembering to whom they threw it and what characteristic was called out when it was caught. Once the ball has been once round the circle it should be sent round a second time following the same path. This time the thrower must call out the characteristic that the catcher said the first time round. The ball should be thrown at a fair pace throughout.

▶▶: FAST FORWARD (10-20 mins)

## Mirror Prompt

**You will need:** A postcard sized piece of paper for each member of the group, and a variety of coloured pencils, felt pens etc.

Get each member of the group to write, on their piece of paper, the Bible verse from the PAUSE section: 1 Peter 3:3-4. Emphasise that the paper should be decorated to a high standard, something of which they can be proud. Ask them to take it home and stick it on their bedroom mirror so that they see it every day. When they look at the Bible verse they should remember that God thinks they are beautiful and He is proud of them.

## RECAP

*Loving the beauty God gave us is important if we want self-esteem, but remember that true beauty is not just skin deep. We should show the world our beautiful spirit and we will achieve many things.*

# LOOKING AT SELF-ESTEEM

## WEEK 04 - MEDIA MAYHEM

**Aim:** To investigate how the media can affect our self-esteem.

### ▶ :PLAY (15-20mins)

#### **Strut Your Stuff**

**You will need:** A catwalk and some up-beat music; some dressing up clothes (large hats, out of date fashions, bits of old uniforms, left-overs from a jumble sale etc) and make-up. A possible addition might be a video camera and the facility to replay it.

Show the group your dressing up clothes and make-up and ask them each to choose at least one item of clothing to model. Each young person should walk down the catwalk modelling the item(s) they have chosen. The more dramatic or silly the better! Encourage the young people to clap and affirm each other. The participants should finish this activity feeling positive about themselves. If you want to add another dimension to this activity you could bring along a video camera and film the catwalk and then play it back to the group at some stage. Some of the young people may be a little shy at first. If this is the case you could designate them the role of stylist or photographer! An extrovert group member might like to give a commentary.

### ⏸ :PAUSE (10-15mins)

#### **Pride Goes Before A Fall**

**You will need:** A Bible.

Read Isaiah 3:16-23 and explain that some of the women in Jerusalem walked around full of their own self importance. They were arrogant, over-confident and had massive egos. God decided to teach them a lesson by taking away the things that they thought made them outwardly beautiful. Smart, fashionable clothes and jewellery may impress humans but they do not impress God. God does not care what they wear or whether they have got the latest fashions hanging in their wardrobe. What God cares about is their hearts and their relationship with Him. They should not let the media trick them into buying the latest fashions and “quick-fix” beauty products. If they want to buy them and they don’t define who they are then that is fine but if they are only buying them because they think they will buy them worth or acceptance then they should not do it. Instead they should look to God for their worth and acceptance because it lasts a lot longer than any tub of cream ever will! Consider the following questions:

- What might happen if we allow ourselves to be pre-occupied with our appearance?
- What effect might the media have on the way we see ourselves and others?

### ▶ :PLAY (5-10mins)

#### **Media Adverts**

**You will need:** A number of teenage magazines.

Allow the young people to browse through the magazines, looking out for advertisements of products which claim they will make them look better. This activity might be undertaken whilst they have coffee and chat time.

# LOOKING AT SELF-ESTEEM

◀:REWIND (5-10mins)

## Perfection?

**You will need:** A number of touched up photo comparisons. These can be downloaded from the internet by going to an image search engine and searching for 'airbrushed photos before and after'.

Display the pictures and ask the group to comment on their initial reactions. Explain that most of the photos/images they see in magazines, on album covers and in advertisements will have been digitally enhanced in some way. Airbrushing can completely alter the way a person looks. It can make people look fatter or thinner; it can change their skin tone or the colour of their hair/eyes/clothes etc. It has the ability to create a "perfect" look; whatever perfect is!! The fact is that every single human being has some sort of blemish. There is no such thing as the perfect figure or perfect skin. Flawless usually means it is fake. Discuss with the group how these images have made them feel.

▶:FAST FORWARD (15-20mins)

## Media Mayhem

**You will need:** Paper and pens, the headline below written for all to see

Display the headline: "MEDIA MAYHEM AS AIRBRUSHING IS UNCOVERED"

Explain what the phrase might mean. Ask the young people individually, or in pairs, to write the opening paragraph of a magazine article on their recent discovery of airbrushing. They can include the main things they feel they have learnt in this session.

## RECAP

*The media can give us an unachievable view of being beautiful which can really damage our self-esteem. Focusing on what God says is beautiful and working with Him to achieve this will really boost our self-esteem.*

# LOOKING AT SELF-ESTEEM

## WEEK 05 - WHAT CAN WE DO?

**Aim:** To explore how we can help and support other people who may be struggling with issues related to self-esteem.

### ▶ :PLAY (10-15mins)

#### Friendship Quiz

**You will need:** Resource Sheet 5, pens or pencils.

Give each member of the group a copy of Resource Sheet 4, the Friendship Quiz. Split them into small groups of 2 or 3 and give them time to answer the questions. When they have all finished, discuss the quiz together.

### ⏸ :PAUSE (10-15mins)

#### Friends Stick Together

**You will need:** A Bible.

Read Ruth 1:1-18 and explain that Ruth did not have to stay with Naomi. It was Ruth's choice to stay and be a friend to Naomi. She did not desert Naomi or leave her to struggle through a horrible time on her own. Naomi also supported Ruth and they comforted each other. Friends can be a great source of strength in difficult situations. They do not necessarily have to understand their friend's pain but they can be there as a shoulder to cry on, a hand to hold, or just to be a familiar face. It is important they do not judge their friends, especially when they are going through a tough time. They should just love them as much as they can and then love them a little bit more - that is exactly what Jesus would do! Spend some time discussing:

- How can they be a friend to people who are struggling with self-esteem related issues?
- Have they ever received the friendship of someone when they were feeling down about themselves?

### ▶ :PLAY (10-15mins)

#### Friends

**You will need:** A series of questions which can be asked about the young people's friends.

Ask for two volunteers who would consider themselves to be good friends. Send one of the pair (person A) outside the room. Ask person B three questions about their likes/dislikes. Choose the questions from the list below:

- Which is their favourite music group?
- What take away meal would they choose?
- Which is their best subject at school?
- When is their birthday?
- Would they prefer to play a sport or spend time on their computer?
- Which is their preferred clothes shop?
- Which teacher is their favourite?
- Which soaps do they watch?
- Are they likely to do their homework straight away or leave it till the last minute?
- What is their favourite web site?

Make a note of the answers then call in person A. Now ask person A the questions about their friend. The object of the game is to see how well they know each other. The game can be repeated throughout the evening with different pairs of friends.

# LOOKING AT SELF-ESTEEM

## ▶ : FAST FORWARD (15-20mins)

### Practical Help

**You will need:** A large sheet of paper for each group and pens.

Split the group into small groups. Give each group a large piece of paper and a variety of felt tip pens. In the middle of the paper write down "WHAT CAN WE DO?" and draw a bubble round it. Ask each group to brainstorm ways in which they could help people who are suffering with low-self esteem issues. You could also print off some pages from the following websites to give the groups ideas and raise awareness of organisations that provide help and support for people struggling with self-esteem related issues:

- [www.childline.org.uk](http://www.childline.org.uk)
- [www.youngminds.org.uk](http://www.youngminds.org.uk)
- [www.samaritans.org.uk](http://www.samaritans.org.uk)
- [www.nshn.co.uk](http://www.nshn.co.uk) (National Self Harm Network)
- [www.b-eat.co.uk](http://www.b-eat.co.uk)
- [www.anorexiabulimiare.co.uk](http://www.anorexiabulimiare.co.uk)

When everyone has finished ask them to present their ideas to the rest of the group.

## ▶ : FAST FORWARD (5-10mins)

### It's Conclusion Time!

**You will need:** All the work created over the last 5 sessions.

Display all the pieces of work that have been created over the last 5 sessions and discuss the following questions as a whole group:

- What have you learnt over the last five sessions?
- What has had the biggest impact on your life?
- How can you use what you have learnt in your day-to-day life?

## ⏸ : PAUSE (5mins)

Finish the discussion with a short time of prayer asking God to help each young person with their self-esteem and asking that each of them will experience God's love for them in their lives.

### RECAP

*We can all support one another by being good friends. By showing our inner beauty in this way, we can help raise other people's self-esteem.*

# LOOKING AT SELF-ESTEEM

## RESOURCE SHEET 01a

### What Is Self-Esteem?

TRUE or FALSE

Self-esteem is about being happy with who you are.	
The word 'esteem' comes from a Latin word that means 'to estimate'.	
Self-esteem is all about confidence.	
Self-esteem is the same as self-image.	
People with high self-esteem are better than people with low self-esteem.	
Self-esteem is highly influenced by the important people in your life.	
You are more likely to commit suicide if you have low self-esteem.	
Having self-esteem makes you a show off.	
Not everyone struggles with low self-esteem.	
Having good self-esteem helps you to make good choices.	



# LOOKING AT SELF-ESTEEM

## RESOURCE SHEET 01b

### What Is Self-Esteem?

#### TRUE or FALSE

Self-esteem is about being happy with who you are:

**TRUE...** When you have a healthy level of self-esteem you are generally happy with who you are without feeling the need to compare yourself to others.

The word 'esteem' comes from a Latin word that means 'to estimate':

**TRUE...** Self-esteem is how you estimate yourself. You can do that by asking simple questions such as: Do I like myself? Am I a relatively good human being? Do I deserve to be loved and be happy? People with low self-esteem may find it difficult to answer 'yes' to these types of questions.

Self-esteem is all about confidence:

**FALSE...** Self-esteem is about a lot more than just having confidence. Many people can appear to be confident on the outside but are desperately insecure on the inside.

Self-esteem is the same as self-image:

**FALSE...** Although self-esteem is similar to self-image it is not exactly the same. Self-esteem is to do with the way you feel or think about yourself, whereas self-image is more to do with the way you see or view yourself.

People with high self-esteem are better than people with low self-esteem:

**FALSE...** When it comes to self-esteem we are all at different stages. Some people may really struggle to feel good about themselves at times and others may find it easy but that doesn't mean we are any better or any worse than each other.

Self-esteem is highly influenced by the important people in your life:

**TRUE...** The people who you spend time with will have a major influence on you and your life. The people most likely to have an affect on your self-esteem are your parents and family members, closely followed by your friends.

You are more likely to commit suicide if you have low self-esteem:

**TRUE...** People who have very low self-esteem are far more like to commit or think about committing suicide than those people who have higher levels of self-esteem and have the ability to feel positive about themselves.

Having self-esteem makes you a show off:

**FALSE...** If you have a healthy level of self-esteem it does not make you a show off. It's perfectly okay to be confident and feel good about yourself.

Not everyone struggles with low self-esteem:

**FALSE...** The majority of (if not all) people will, at some stage or another, have times when they lack self-esteem. It's extremely unusual to find someone who has high self-esteem all of the time.

Having high self-esteem helps you make good choices:

**TRUE...** You are more likely to make good, strong choices when you have high self-esteem because you know that you are capable of making good decisions.

# LOOKING AT SELF-ESTEEM

## RESOURCE SHEET 02a

### Identity Word Search

There are 23 words to find in the word search below. Each word describes how God sees you and how you should see yourself. Ready... steady... GO!

D	H	B	E	A	U	T	I	F	U	L	J	O	A	B	P	W	Q	Y	B	C	D	L	J
E	F	J	X	V	D	T	U	A	W	O	R	K	O	F	A	R	T	O	I	A	S	D	T
G	V	X	G	H	I	O	A	E	S	V	F	B	E	A	X	J	K	I	O	E	S	T	T
O	S	D	E	E	C	R	S	P	R	E	C	I	O	U	S	H	S	T	R	E	V	B	E
E	I	P	R	T	L	L	D	E	S	D	V	E	N	T	S	Y	O	G	C	Q	U	Y	P
P	G	E	E	H	K	A	U	I	O	B	C	I	T	D	E	S	I	G	N	E	D	D	S
S	N	W	T	C	O	S	T	L	Z	N	Q	M	F	Q	L	R	U	J	D	S	N	O	E
M	I	T	L	O	I	H	D	Q	E	U	T	U	O	A	E	D	G	J	L	X	V	N	M
B	F	C	Z	K	H	A	F	S	E	P	I	Y	R	W	C	H	E	R	I	S	H	E	D
S	I	E	L	B	A	U	L	A	V	T	E	R	U	G	I	D	Y	M	R	L	I	F	N
A	C	B	X	T	B	G	K	O	R	L	R	O	N	K	R	S	S	X	R	S	A	J	I
I	A	I	L	H	N	L	R	S	D	F	W	I	O	P	P	I	E	B	E	X	M	S	K
L	N	A	J	B	M	F	R	A	J	J	H	R	V	R	T	P	R	E	P	C	A	R	A
E	T	D	E	R	U	S	A	E	R	T	E	A	E	C	V	I	P	U	L	B	S	Y	F
P	K	R	W	Q	M	E	V	P	Y	X	K	M	N	T	Q	C	L	K	A	O	T	I	O
T	M	U	Y	B	Z	I	I	R	K	Y	G	A	E	D	Z	H	E	S	C	I	E	O	E
R	N	K	P	P	V	B	E	E	W	G	A	U	S	U	M	E	H	Y	E	E	R	V	N
J	N	I	N	D	I	V	I	D	U	A	L	H	O	J	M	A	S	U	A	A	P	Z	O
M	J	V	E	A	E	C	V	G	H	N	L	K	H	N	J	T	D	I	B	O	I	R	T
N	U	E	A	H	O	Z	W	G	Z	Q	H	S	C	B	A	S	P	E	L	L	E	U	W
F	E	I	T	E	T	J	P	O	P	J	F	V	S	V	R	R	T	F	E	R	C	U	R
C	U	R	O	R	Q	W	G	S	G	A	C	C	E	P	T	E	D	G	O	S	E	M	I
G	O	R	G	E	O	U	S	N	J	C	W	E	A	D	U	T	T	H	I	G	S	H	K
W	Q	P	D	Z	D	O	G	F	O	E	G	A	M	I	E	H	T	N	I	E	D	A	M

BEAUTIFUL  
ACCEPTED  
PRECIOUS  
LOVED  
SPECIAL  
VALUABLE  
CHOSEN  
ONE OF A KIND  
CHERISHED  
PRICELESS  
WORTH EVERYTHING  
UNIQUE

INDIVIDUAL  
MADE IN THE IMAGE OF GOD  
IRREPLACEABLE  
GORGEOUS  
A WORK OF ART  
HAND MADE  
DESIGNED  
V.I.P  
SIGNIFICANT  
TREASURED  
A MASTERPIECE





# LOOKING AT SELF-ESTEEM

## RESOURCE SHEET 03

### I Peter 3:3-4 (Contemporary English Version)

Don't depend on things like fancy hairdos or gold jewellery or expensive clothes to make you look beautiful. Be beautiful in your heart by being gentle and quiet. This kind of beauty will last, and God considers it very special.

### I Peter 3:3-4 (New Century Version)

It is not fancy hair, gold jewellery, or fine clothes that should make you beautiful. No, your beauty should come from within you—the beauty of a gentle and quiet spirit that will never be destroyed and is very precious to God.

### I Peter 3:3-4 (New Living Translation)

Don't be concerned about the outward beauty of fancy hairstyles, expensive jewellery, or beautiful clothes. You should clothe yourselves instead with the beauty that comes from within, the unfading beauty of a gentle and quiet spirit, which is so precious to God.

### I Peter 3:3-4 (New International Version)

Your beauty should not come from outward adornment, such as braided hair and the wearing of gold jewellery and fine clothes. Instead, it should be that of your inner self, the unfading beauty of a gentle and quiet spirit, which is of great worth in God's sight.



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# LOOKING AT SELF-ESTEEM

## RESOURCE SHEET 04

### Friendship Quiz

It's raining outside and your friend walks into school with mascara dripping down her face. Do you:

- a) Tell her straight away and give her a tissue. You'd want someone to tell you if you were in the same situation.
- b) Say nothing and laugh along with everyone else... she'll find out when she looks in the mirror.
- c) Point to your eye every so often in the hope that she'll figure out what you're trying to say.

You and your friend go shopping. You're trying on clothes in the changing rooms and your friend walks out in a dress that does nothing for her. She asks for your honest opinion. Do you:

- a) Tell her the truth and say that it looks terrible.
- b) Tell her she looks lovely even though she doesn't.
- c) Pretend to be on your mobile phone and avoid having to say anything.

Your friend has just been dumped by her boyfriend. She phones you up and asks if she can come round to your house. Do you:

- a) Invite her round, give her a big hug, tell her that everything's going to be okay and then do something to cheer her up.
- b) Tell her you're busy because you can't be bothered.
- c) Speak to her on the phone for a bit and then forget it ever happened because there are more important things to talk about.

You and your friends organise a night out bowling. One of your friends turns up and she looks really nice. Do you:

- a) Compliment her outfit and tell her she looks gorgeous.
- b) Spend the whole night in a mood because you're jealous that your friend looks better than you.
- c) Say nothing.

You and your friend are sitting in your bedroom reading girly magazines. Your friend makes a nasty comment about a model and how she looks but you don't agree. Do you:

- a) Have the courage to say you disagree and point out the positive things about the model rather than focusing on the negative things.
- b) Laugh along with your friend because looking for the bad things in others makes you feel better about yourself.
- c) Say nothing because you don't know how your friend will react and anyway... it doesn't really matter.



# LOOKING AT SELF-ESTEEM

## RESOURCE SHEET 04

### Friendship Quiz: Answers

#### Mostly A's:

Wow... you are an amazing friend! You are prepared to tell the truth in potentially awkward situations but be careful not to be too blunt! You're very real and open...there's nothing fake about you, girl! You are also very good at putting other people before yourself. Well done! My advice to you is... keep it up.

#### Mostly B's:

It's obvious who is at the centre of your world... you. I think it's fair to say you've got quite a bit of work to do when it comes to being a good friend. You quite often look for the easy way out of situations and your insecurities prevent you from treating other people well. My advice to you is start by trying to treat others in the way that you would want to be treated.

#### Mostly C's:

You are a pretty good friend but there are definitely ways that you could improve. You sometimes find it quite difficult to be yourself around your friends and will do anything to avoid confrontation. My advice to you is just be yourself and don't be frightened of speaking up.



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