

# Why do we need self-esteem and how can we build it up?

Daley constantly compares herself to other people. Always scrolling through Insta and Tik Tok, Daley follows influencers who are rich, beautiful and very popular. Although Daley is doing well at school, has many friends and is very pretty, her confidence is at an all-time low and even a minor setback feels like a massive big deal to her.

**Discuss: Why do you think Daley feels this way?**



What exactly do we mean by the term 'self-esteem' do you think?

*I think self-esteem means...*  
*For example...*

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## Learning outcomes:

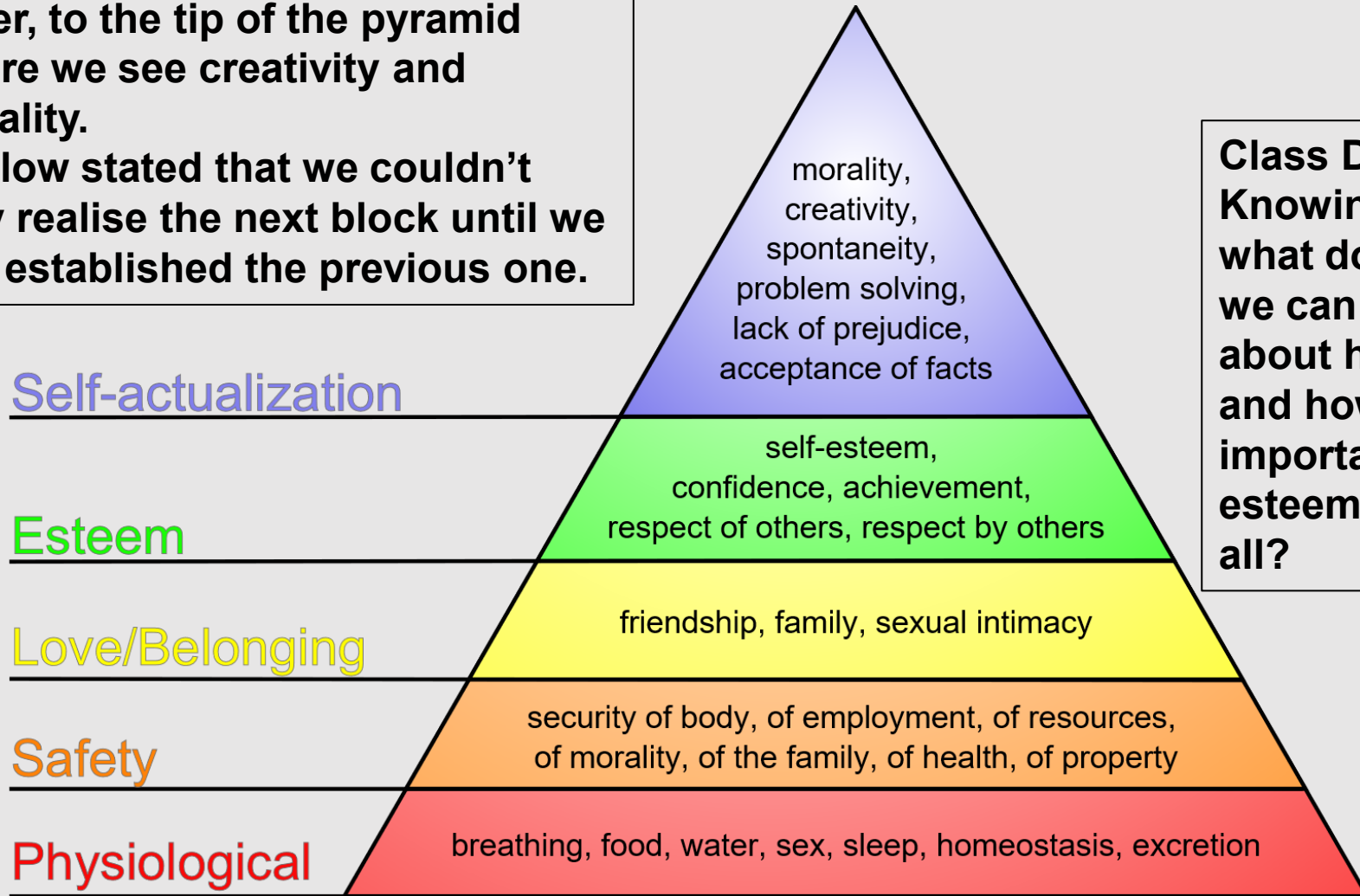
Describe ways we can improve our levels of self-esteem and why this is so important.

Analyse the root cause of low self-esteem, recognising how external influences can affect our mental health.



**Self-esteem** - describes a person's overall sense of self-worth or personal value.

**This is Maslow's Hierarchy of Human Needs. It shows us the building blocks all humans need, from the foundations of food and water, to the tip of the pyramid where we see creativity and morality. Maslow stated that we couldn't fully realise the next block until we had established the previous one.**



**Class Discussion: Knowing this, what do you think we can learn about humans and how important self-esteem is to us all?**

## The science of self-esteem



Can unsuccessful people have high levels of self-esteem? Give an example.

Self-esteem is crucial for us to have a feeling of .....

Is high self-esteem more to do with how we think about ourselves (psychology) or how much money we end up making (economy)?

What factors seem to stand out when we study why people have particular levels of self-esteem (write down three).

Why do people who have 'outperformed' the parent of the same sex as them seem to have good levels of self-esteem?

How can your parents / carers level of love and attention they give you affect your self-esteem?

Why is 'being fired' when you're older felt as a 'tragedy' for some, yet not for others?

Explain the most important factor for healthy self-esteem levels.

Watch the clips and complete your questions on your task sheet. We will then go through the answers together so you can fill in any you've missed.

[https://www.youtube.com/watch?v=wC9S\\_fFMnaU](https://www.youtube.com/watch?v=wC9S_fFMnaU)

**Can unsuccessful people have high levels of self-esteem?**

**Yes – people with no friends, no job, no successes can still have high self-esteem.**

**Self-esteem is crucial for us to have a feeling of wellbeing.**

**Is high self-esteem more to do with how we think about ourselves (psychology) or how much money we end up making (economy)?**

**Psychology (how we think about ourselves).**

**What factors seem to stand out when we study why people have particular levels of self-esteem (write down three).**

**What your peer group does, what your same sex parent did, if you have a very successful friend (and also now comparisons in social media).**

**Why do people who have ‘outperformed’ the parent of the same sex as them seem to have good levels of self-esteem?**

**People naturally compare themselves to how well their parents did – especially the same sex parent.**

**How can your parents / carers level of love and attention they give you affect your self-esteem?**

**If your parents / carers give you unconditional love, you are more likely to have high self-esteem.**

**Why is ‘being fired’ when you’re older felt as a ‘tragedy’ for some, yet not for others?**

**As some already have high self-esteem based on the love they felt in childhood.**

**Explain the most important factor for healthy self-esteem levels.**

**Healthy relationships in childhood / not comparing yourself to others.**



**I believe in me**

## How can we recognise low self-esteem in ourselves and others?

You have been given a bingo card. Whilst listening carefully to the clip, you need to circle the statements which identify low self-esteem as you hear them. You're looking for ten. The first person to circle all of them, will shout 'bingo'. If you really have heard them all, and won the bingo game, you will go first to break today.

<b>Sense of self-doubt</b>	<b>You talk over people</b>	<b>Bad hairstyle</b>
<b>Insecurity</b>	<b>Negative self-image</b>	<b>Fear of failure</b>
<b>Bad, repetitive habits to cope</b>	<b>You love heavy metal music</b>	<b>You put the blame elsewhere</b>
<b>Hamsters</b>	<b>Overly apologetic</b>	<b>Strive for perfectionism</b>
<b>Bad posture (slouching)</b>	<b>Downplaying achievements</b>	<b>Bananas</b>

<https://www.youtube.com/watch?v=qRT0vnWgO9w>



# What advice can we give ourselves and others, and how can we actively apply it to our lives?

You have been given two sheets of case studies. Read them carefully before working your way through the questions (they get harder as they go along, but you can discuss with a partner when completing this task.)

Using your information sheets, clip task information and learning from today so far, answer the questions on your table in full paragraphs.

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CASE STUDY:	What advice would you give this student to improve their self-esteem? Describe your ideas in full.	How could this person directly apply this advice to their situation? Explain using examples.	What is the root cause of each person's self-esteem issues? Which piece of advice would be most and least useful to them? Explain why you think this.
<p>Rebecca grew up in a care home and not much is known about her background. She desperately wants to get good GCSEs so she can get into the local sixth form college.</p> <p>Rebecca recently gained a 2 on her maths mock when she is predicted a 5. In tears, she threw away her maths teachers feedback sheet and went home saying 'just forget it!'</p>			
<p>Jamal isn't as good at football as the rest of his mates. He never has been, even though his Dad played for Leeds. In PE he had to take a penalty, hit the post and was really fed up about it. His best friend Rob then came and slapped him on the back and said 'oh well at least you're not a loser in rugby' and laughed and ran off. Jamal is embarrassed and gutted about this.</p>			
<p>Aisha is always moaning at her friends about how she'll never be a success in life. She is average intelligence, works hard and is very pretty but always seems so down on herself. Her sister is very, very clever and has just got into Oxford Uni to study English.</p> <p>Aisha is really good at lots of things, is the fastest marathon runner in the county, has won numerous competitions and was a runner up in Junior MasterChef. Her self-esteem is very low.</p>			
<p>Rob wants to be an architect. He did well in his GCSEs and A-Levels but has failed his first year at uni, because he spent more time having fun than studying. He keeps focusing on the fact some of his friends already have successful jobs and just measures himself as a failure for not being an architect yet. It's a seven year course but Rob can't see past next week.</p>			

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## Useful helplines and charities

**Young Minds.** Child and adolescent mental health charity. Call: 0808 802 5544 (parents' helpline)

**Samaritans.** Samaritans provide 24-hour online and phone support to people in distress. Call: 116 123

**SANE.** National out-of-hours mental health charity offering emotional support, guidance and information. Call: 0300 304 7000 (4.30pm to 10.30pm)

**<https://mensadviceline.org.uk/contact-us/>** Men's advice and support site

**<https://www.youngwomenstrust.org/get-support/additional-support/>** Women's advice and support site

# Need Support? You're Not Alone



If anything in today's lesson has affected you, or you want to talk to someone, there is help available.

## **Mental Health & Low Mood**

YoungMinds – <https://www.youngminds.org.uk>

Kooth – <https://www.kooth.com>

Mind – <https://www.mind.org.uk>

## **Talk to Someone**

Your Tutor or Head of Year – We're here to help.

Wellbeing Team and School Nurse

Report a Concern on Satchel

Safeguarding Team with the Purple lanyards

## **Healthy Lifestyle**

NHS Every Mind Matters – <https://www.nhs.uk/every-mind-matters>

Change4Life – <https://www.nhs.uk/change4life>

## **Apps That Can Help**

Calm – For mindfulness and sleep.

Headspace – Meditation and stress relief.

Clear Fear – Manage anxiety (designed for young people).

MeeTwo – Anonymously talk to other teens, moderated by experts.

## **Eating Concerns**

Beat Eating Disorders –

<https://www.beateatingdisorders.org.uk>

NHS Live Well – Eating Disorders –

[https://www.nhs.uk/mental-](https://www.nhs.uk/mental-health/conditions/eating-disorders/)

[health/conditions/eating-disorders/](https://www.nhs.uk/mental-health/conditions/eating-disorders/)