

# **LOVE YOUR STUDENT BODY**

**Increasing Self-Esteem in High School Youths**

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# LOVE YOUR STUDENT BODY

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- A monthly assembly in which students will meet on the first Monday of every month with a new activity focusing on strengthening positive self-esteem.
- All age groups from the high school are included (ages 14-18); all SES groups, races, & genders are included in the assembly & information provided.
- To ensure that all students feel comfortable discussing sensitive & intense material, the first 45 minutes of the assembly will meet as a whole student body; the latter 45 minutes will break into female & male groups for further & richer discussion.

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**“SOMETIMES YOU’RE AHEAD, SOMETIMES  
YOU’RE BEHIND. THE RACE IS LONG, AND  
IN THE END, IT’S ONLY WITH YOURSELF.”**

- Baz Luhrmann

“Everybody’s Free (To Wear Sunscreen)”





# WHY SELF-ESTEEM MATTERS: STATS & FACTS

Pulled From DoSomething.org:

- 7 in 10 girls believe they are not good enough or do not measure up in some way, including their looks, performance in school & relationships with friends & family members.
- 78% of girls with low self-esteem admit that it is hard to feel good in school when you do not feel good about how you look.
- 75% of girls with low self-esteem report engaging in negative activities such as disordered eating, cutting, bullying, smoking, or drinking when feeling badly about themselves.

[www.dosomething.org](http://www.dosomething.org)

# STATS & FACTS CONTINUED

- More than one third (34%) of girls with low self-esteem believe that they are not a good enough daughter.
- Teenage boys can be prone to obsessive exercising, binge eating, anorexia nervosa, bulimia, steroid abuse & diet aid abuse.
- It is estimated that about 45% of Western men are unhappy with their bodies; 25 years ago, only 15% were unhappy with their bodies.
- According to Suicide.org:
  - Not feeling accepted by peers, being ridiculed, feeling misunderstood, being bullied, or feeling depressed or humiliated can be triggers for suicide in teens.
  - Gay, lesbian, bisexual, & transgender teens are vulnerable to depression & suicide because they not only deal with normal problems of being a teen, but also the discrimination, intolerance, harassment, & hate of people who cannot accept their orientation.
  - Suicide is the 3<sup>rd</sup> leading cause of death among youths age 15-24.
  - A youth suicide occurs every 100 minutes.
  - 1-866-4-U-TREVOR (GLBT suicide prevention hotline) or 1-800-SUICIDE (general suicide prevention hotline).

[www.dosomething.org](http://www.dosomething.org) & [www.suicide.org](http://www.suicide.org)

# THE LOW DOWN ON OBTAINING HIGHER SELF-ESTEEM.

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- For overall wellness & health in mental & emotional realms, high self-esteem is critical.
- 4 necessities individuals need to experience to obtain high self-esteem:
  - Sense of uniqueness
  - Connectiveness
  - Power
  - Models
- 3 areas where we experience self-esteem:
  - Personal
  - Interpersonal
  - Groups

(Krantzler & Miner, 1994)



# POTENTIAL BARRIERS

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- Within the School System:
  - Teachers might think it's taking up too much time.
    - They should know that the information is very important & that with increased self-esteem the grades & good behaviors will also increase
  - Kids might be absent.
    - We can make available any activities that were presented with time for them to meet with the guidance department to go over them.

# BARRIERS CONTINUED

- Within the Students:
  - Building self-esteem when it's low can be hard.
    - We have spread this out over the entire year to be a support system for the students. All of our resources will be available for them, including our time if they need assistance.
  - Students might see this as “filler” activity.
    - A variety of activities are provided. It is hoped that one “hits home” with the students & helps to increase their awareness & self-esteem.
  - Students might be afraid of bullying if they come forward with an issue.
    - Our strict no bullying policy at the school will protect the students while they are here. Additionally, they are always able to come to the counselors in private to discuss any matters they want.



# STRENGTHS & SUPPORT

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- Teens may find it difficult to ask for help or to discuss issues surrounding self-esteem, poor body image, or bullying. By offering a program that comes to them & provides information & the opportunity for questions and discussions, teens may be more at ease & willing to come to the adjustment counselor(s) for support.
- With age appropriate activities & statistics, students will be able to apply these to personal experiences & feelings.
- Prior research conducted has proven self-esteem programs to be effective in increasing awareness, self-esteem, attendance & graduation rates. The next slides describe a similar project & show its success.

# VALIDATING THE CAUSE

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- President of National Council for Self-Esteem conducted a research study in a San Jose, CA high school.
- 93 students were placed in the Control Group & did not attend the 20 self-esteem activities within their freshman year.
- 93 students were placed in the self-esteem group, attending the 20 activities within their freshman year.
- The groups were measured over 4 years.

(As seen in Canfield, 1990)

## DATA COLLECTED

- Days of absenteeism per semester
- Students who completed 90% or more of homework
- Students who participated in 20 or more extracurricular activities
- Class offices held by groups between freshman & senior years
- Students who graduated

## SELF-ESTEEM GROUP

- 1
- 75%
- 25%
- 75%
- 83%

## CONTROL GROUP

- 16
- 25%
- 2%
- 0
- 50%

(As seen in Canfield, 1990)



# OUTSIDE SUPPORT & INDIGENOUS PROVIDERS

- Teens can find help, support, & validation in other areas of their lives that can supplement this program.
- Parents, siblings, teachers, coaches, club members, & peers can be supportive & offer a listening ear. Having these outside providers are excellent support systems for teens.
- The supplemental brochure that will be sent out to parents can help bring awareness stating that teens may be having these problems and need support from places other than professional care.

# GOODNESS OF FIT

- Issues to be covered included healthy body image, which both males & females struggle with.
- Anti-bullying & what it does to self-esteem.
- Age relevant statistics, including those regarding suicide & depression.
- Fun activities include a poster contest for cash money prize, & watching clips from Jessica Simpson's "The Price of Beauty Show."
- The assembly will be able to aid in the prevention of low self-esteem, which is a common problem with teens nation-wide ([www.dosomething.org](http://www.dosomething.org)).
- Impactful videos, songs, & other sources speak to the targeted age groups: such as the video below & the "Everybody's Free (To Wear Sunscreen)" song by Baz Luhrmann that was presented on slide #3.
- ["Famous Failures" - Bluefishtv](#)

# REFERENCES

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