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SESSION SEVEN :

Building Self-Confidence

Purpose and Group Objectives

- Girls will understand that they have many abilities that make them unique.
- Girls will identify what self-esteem is.
- Girls will identify what abilities they have.
- Girls will develop a positive self-esteem by being kind to others.

Review last week's lesson by going over any concerns or questions and summarize last week's objectives. Choose one participant to give a brief summary from last week. Review the homework assignment for this week. If using the optional point system, award points for homework completion and add to the group's total points. Review and post group rules.

Activity 7.1: Unique Me

Overview: Girls will understand that they have many unique abilities that contribute to who they are. Girls will learn to appreciate the qualities in themselves, while appreciating the qualities within others.

Objectives:

- Girls will understand that they have many abilities that make them unique.
- Girls will identify the many roles they play.
- Girls will identify the various characteristics they have.
- Girls will identify how they feel about themselves.

Procedures:

- Copy and hand out Activity 7.1: Unique Me in Appendix A.
- Have the girls complete this activity by listing what makes them unique. Have the girls list characteristics, abilities, strengths, and the roles that they play that make them unique by the lines on this worksheet.
- Facilitate a discussion using the discussion questions below after each girl has completed their worksheet.

Discussion Questions:

1. Have the girls review their answers.
 - What characteristics (i.e. funny, smart) did each girl list? Did everyone list the same characteristics?
 - What abilities did each girl list (i.e. good at sports, good at math)? Did everyone list that they were good at the same things?
 - What roles did each girl list (i.e. sister, student)? Did everyone list the same roles?
2. What defines you or makes you unique from someone else?

Discussion Point:

- Explain to the girls that there are many unique characteristics, abilities, roles, and strengths that make each of us who we are. We all have been given certain talents and abilities that make us unique and different from others.

Activity 7.2: My Self-Esteem and Self-Talk

Overview: Girls will define what it means to have a positive self-esteem and be self-confident. Girls will identify the factors that contribute to having a positive self-esteem.

Objectives:

- Girls will define what it means to have self-esteem.
- Girls will identify their own self-esteem.
- Girls will define what it means to be self-confident.
- Girls will understand that their thoughts and feelings about themselves contribute to their self-esteem and self-confidence.
- Girls will understand how self-esteem and self-confidence relates to relational aggression.

Procedures:

- Reproduce Activity 7.2: My Self-Esteem and Self-Talk in Appendix A. Hand out a copy of this worksheet to each of the girls.
- Using the discussion questions and points below, have the girls answer what it means to have self-esteem and self-confidence by writing their answers on the lines provided in this worksheet.
- Have the girls evaluate their self-esteem by examining what their self-talk is like. Have them fill in the chart on their worksheet by listing the thoughts and feelings they have about themselves, the goals they have, and the influences that other people have on them. Note: you may want to refer to session nine for more detailed information about goals and goal setting for this activity.
- Have the girls complete this activity by answering the remaining two questions on the worksheet page. Discuss the last question using the discussion points below.

Discussion Questions:

1. What is self-esteem?
2. What does being self-confident mean?
3. Is it okay to show confidence in your abilities? Is it okay to feel good about yourself?
4. Is it possible to feel too highly, or too good, about yourself?

Discussion Points:

- Self-esteem is how we feel about ourselves. If we view ourselves in a positive way, we are more likely to feel good about ourselves and have a positive self-esteem. If we see ourselves in a negative way, we are more likely to feel bad about ourselves.
- Self-confidence means being sure and confident in yourself and your abilities. Girls who are self-confident and have a positive self-esteem are less likely to bully others. Girls who have positive self-esteems do not need to hurt others in order to get what they want or need to make themselves feel better or above others.
- Self-esteem and self-confidence are influenced by the way we think and feel about ourselves. If we think and feel negative thoughts about ourselves, we are likely to have a lower sense of self-esteem. If we let others define us and how we think and feel about ourselves, we are likely to perceive that we have less control over our self-perceptions. We can create a positive self-esteem by thinking and feeling positively, learning to set personal goals for ourselves, and accepting constructive criticism in order to improve the things that we need to work on individually.
- It is okay and acceptable to be self-confident in your abilities and feel good about yourself. It is possible to feel too highly about yourself by not being able to accept constructive criticism from others and feeling that it is okay to bully others because they are different from you.

Activity 7.3: **My Self-View: Who I Want to Be**

Overview: Girls will determine how they want to be perceived by others, as well as by themselves. Girls will reflect on whether or not their actions match their ideas of how they want to be viewed.

Objectives:

- Girls will summarize what makes them unique (i.e. values, strengths, weaknesses).
- Girls will determine what kind of reputation they want to have.
- Girls will examine if their actions match how they want to be viewed by others.

Procedures:

- Copy and hand out Activity 7.3: My Self-View: Who I Want to Be worksheet found in Appendix A. Have the girls use their ideas from Activities 7.1 and 7.2 to complete this activity.
- Have the girls summarize the previous activities from this session by writing the things that make them unique in the space provided on the worksheet. Then, have them answer the questions on this handout.
- *(Optional) Extension Activity:* Provide girls with magazines, paper, markers, colored paper, and writing tools in order for them to make representations of themselves.
 - Example representations may include: collages using pictures from magazines that would include activities they are involved in or characteristics that would describe them, drawings of themselves, a poem that describes their talents, a song written about their aspirations and characteristics, a book about the many roles they play
- *(Optional) Extension Activity:* Have the girls share their representations.
 - Have each girl share the representation they created by illustrating what makes each of them unique from others as well as similar to others. The discussion questions below can be used as follow up questions.
 - Hand out index cards to each of the girls. Each girl should receive enough index cards in order to write a positive comment for each girl's representation to the group. Explain that these cards will be collected and given to the appropriate recipient.
 - Collect all of the cards and hand them out to the appropriate recipient after all the representations have been shared. Note: you may want to read these cards to ensure that all comments are positive prior to handing the cards out to each of the girls.

Discussion Questions:

1. Did you share similarities with anyone else in the group? What were the similarities?
2. How was your representation different from others in the group?
3. Did you learn something new about someone else in the group?
4. What was something positive that someone added to this group?

Activity 7.4 **Kindness Matters**

Overview: Girls will develop positive self-esteem skills by being kind to others. Girls will feel good about themselves by being able to compliment others. Girls will evaluate how acts of kindness can influence one's thoughts, feelings, and behaviors. Girls will evaluate how acts of kindness can influence the behaviors of others.

Objectives:

- Girls will develop positive self-esteem skills by being kind to others.
- Girls will learn how to compliment others.