

4) Second Viewing:

The second viewing will enforce and help the children remember the subjects that they have just discussed. Students may point out which featured teens opinion they agreed or disagreed with. This viewing may be interrupted as needed to facilitate discussion. Teacher or students may prompt the pausing of the program. The concept of solutions regarding the issues brought up by the students is important to this discussion.

5) Post Activities and Discussion:

If appropriate - second brief essay may be assigned to compare the difference in the student's opinion before and after the viewing and discussion. Discussion questions may be used to stimulate interest in solutions, reinforce concepts and evaluate student comprehension.

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The Real Life Teens Series

Self Esteem

**Q387DVD
Teachers Guide**

INTENDED AUDIENCE

This program is designed for use with a general high school audience, grades 8-12, home schoolers, teen clubs and social organizations, social service agencies and health departments, hospitals, churches, young offenders facilities and any place where teens, whether normal or troubled can be reached.

INTRODUCTION

Some teens struggle with their self-esteem when they begin puberty as the body goes through many changes. These changes, combined with a natural desire to feel accepted, mean it can be tempting for teens to compare themselves with others. Unfortunately, a lot of teens struggle with self-doubt, self-worth, concerns about their appearance and low self-esteem.

A teen's self-esteem can be affected by a number of factors and low self-esteem can make them susceptible to a number of problems. Before teens can begin to improve their self-esteem, they must first believe that they can change it. This program discusses self-esteem and confidence and how students can start building their own self esteem.

SUBJECTS COVERED INCLUDE: LEARNING OBJECTIVES

After completing the program students will have an understanding of the consequences of emotional abuse and where students can turn to for help if they feel they are in an abusive situation.

DISCUSSION TOPICS/QUESTIONS

What is self-esteem?

What causes low self-esteem?

Is self esteem affected by unkind acts, peer pressure or home problems?

What do teens feel are the causes of low self-esteem?

Why do some teens think they change from confident children to confused unmotivated adolescents?

The role of peer pressure.

What kind of things can teens do to help build self confidence?

PRESENTING THE PROGRAM:

To prepare a lesson plan for each program, please review the suggested outline below.

1) Before Students View the Program:

If appropriate, assign a brief essay on the student's view of the subject. Have available as many recommended books as possible to help generate class interest and participation. Discuss as a group what each student's advice would be on the subject to other teens. Preview each program and become familiar with the concepts presented. Opinions will vary and no answer should be considered wrong.

2) Students View The Program:

The first class viewing of the program should be uninterrupted.

3) After the First Viewing:

Students should be prompted to discuss the views of the teens featured in the program. The students may be asked whom they agreed with most and who they disagreed with most.