

## Year 9 - Self Esteem - Staff overview and planning tool

### Learning Outcomes

By the end of this module, pupils **WILL** be able to...

- Define self esteem
- Give examples of things that allow someone to feel valued and things that don't
- Describe a few techniques for improving their own self esteem
- Understand the concept of body image
- Give examples of ways the media can influence our body image
- Describe aspects of someone's eating and exercising habits that could be unhealthy

By the end of this module, pupils **SHOULD** be able to...

- Discuss this topic sensitively and respectfully
- Consider the affect that having low self esteem can have on someone's mood and their actions
- Debate the positives and negatives of social media in terms of our self esteem and our body image

By the end of this module, pupils **COULD** be able to...

- Recognise low self esteem or unhealthy eating or exercising habits in themselves or a peer and know how to respond positively

### William Ellis School Aims:

- To discuss what self esteem is, where it comes from and what can affect it
- To consider body image and how the media influences how we think of ourselves and our overall mental health
- To explore how this can connect to unhealthy eating and exercising habits

### Statutory Requirements—What pupils should know:

- how to talk about their emotions accurately and sensitively, using appropriate vocabulary
- how to recognise the early signs of mental wellbeing concerns
- common types of mental ill health (e. g eating disorders)
- how to critically evaluate when something they do or are involved in has a positive or negative effect on their own or others' mental health

### Key Words:

Self esteem - one's overall sense of worth, abilities or personal value

Body image - the perception of one's physical self and the thoughts and feelings that result from that perception, these can be positive or negative and are influenced by a variety of factors

Eating disorder - when you have an unhealthy attitude to food, which can take over your life and make you ill. It can involve eating too much or too little or becoming obsessed with your weight and shape

### Consistency:

All lessons should begin with a starter to settle the class. Students should write the date and title in their book before use. The three lessons should be planned as a sequence, with the above learning outcomes. These will be made explicit to the students. The lessons should include activities that allow the teacher to gauge how fully these learning outcomes have been reached.

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**If you have found this topic has resonated with you or you would like to learn more see below...**

## Where can I get support?

If you are worried about yourself or a friend please speak to an adult that you trust. In school this could be a form tutor or any other grown up that you feel comfortable with.

The NHS has published this advice on improving self esteem:

<https://www.nhs.uk/conditions/stress-anxiety-depression/raising-low-self-esteem/>

If you feel you may be suffering from an eating disorder you can arrange an appointment with your GP to discuss your physical and mental health .

## Further Reading

For positive role models, check out:

<https://www.youtube.com/creators-for-change/>

Follow @i\_weigh on Instagram for body positive images