

HRL PARENT WORKSHOP: SELF-ESTEEM

Workshop Developer:

Children's Health Fund

Workshop Description:

This workshop will teach about the importance of healthy self-esteem

Key Points (knowledge to be gained):

1. Defining self-esteem
2. Self-esteem and school
3. Building healthy self-esteem

Short Term Objectives (actions to be completed during the workshop):

1. Parents will learn what it means to have a healthy self-esteem and how they can help their children build healthy self-esteem

Long Term Objectives (longer-term actions that we're aiming toward):

1. Children will develop a healthy self-esteem.

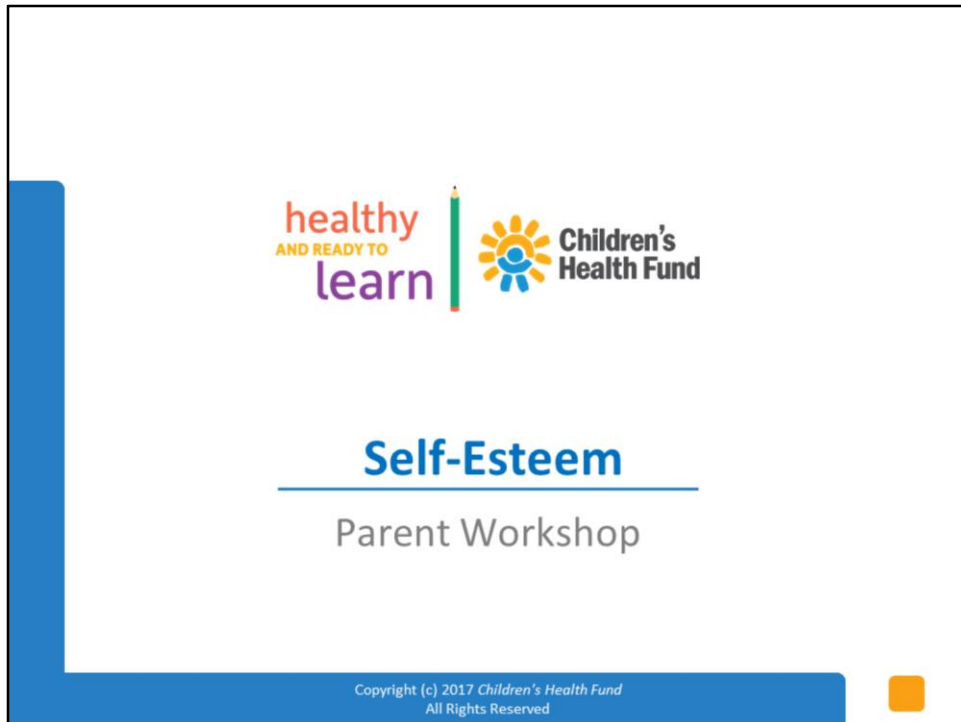
Materials:

1. Presentation
2. Post-Workshop Surveys
3. Self-esteem handout

Workshop Lesson Plan: See presentation for additional facilitator information/notes

Timing	Slide	Actions	Material Needed
1 min	Slide 1	Introduce the topic	
3 mins	Slide 2	Allow participants 1 min to give answers to the question. Feel free to let the participants shout out their answers or if this is a quiet group, call on 1-3 parents to share their ideas	
3 mins	Slide 6	Allow participants 3 mins to talk about this question with the person to the left or right of them.	
3 mins	Slide 8	Allow participants 3 mins to talk about this question with the person to the left or right of them.	
10 mins	Slide 12	Hand out the handout and then read the directions for the activity. Directions: In groups of 3-4 create a 2-3 minute skit. In the skit one person will be the parent and one person will be the child (if you'd like more than one person can be a child). Your goal is to show the audience how parents can help their child develop healthy self-esteem. Using the handout, think about what it takes for a child to develop healthy self-esteem and then create the skit using 1-2 of those skills. For example, children need to feel a sense of encouragement, support and reward. The skit can involve a child wanting to try out for a sport.	

		The parent can be supportive by saying, "Good luck, give it your best shot."	
3 mins	Slide 17	Allow participants 3 mins to talk about this question with the person to the left or right of them.	
4 mins	Administer post-workshop surveys.	Ask participants to complete the back side of the survey they received at the start of the workshop. Collect the surveys from all participants.	Post Surveys



Facilitator Notes: Intro the topic. "Today we will be discussing Self-Esteem."

Note: For any slide that does not have facilitator notes please read the information on the slide. Feel free to add information if you feel comfortable.

Thinking Question



What does it mean to have a **healthy self-esteem**?

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Facilitator Notes: Ask the audience this question. Allow participants 1 min to give answers to the question. Feel free to let the participants shout out their answers or if this is a quiet group call on 1-3 parents to share their ideas. Add at the end: "Healthy self-esteem can also be called high self-esteem, and unhealthy self-esteem can be called low self-esteem."

Today's Takeaways:

- **Define self-esteem.** Self-esteem is the way a person sees themselves and their worth.
- **Know how self-esteem affects school.** Unhealthy or low self-esteem can negatively impact a child's performance in school.
- **Learn how to build healthy self-esteem.** Parents can help their children build healthy self-esteem.

Facilitator Notes: In this session we will... click for each bullet point. (read through the takeaways)

What is Self-Esteem?

Self-esteem is:

- The way an individual sees themselves and their worth.
- Partly formed by an individual's own perspective and expectations
- Partly formed by the perspectives and expectations of significant people in a person's life

Source: <https://www.healthychildren.org/English/ages-stages/gradeschool/Pages/Helping-Your-Child-Develop-A-Healthy-Sense-of-Self-Esteem.aspx>
http://kidshealth.org/parent/positive/talk/self_esteem.html

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Facilitator Notes: Click for bullet points

Did you know?

Research on self-esteem shows that when a person's **perceived self** is close to their **ideal self**, they have higher self-esteem.

- **Perceived self** is how a person sees themselves.
- **Ideal self** is how a person would like to be, or the best version of themselves.

Source: <https://www.healthychildren.org/English/ages-stages/gradeschool/Pages/Helping-Your-Child-Develop-A-Healthy-Sense-of-Self-Esteem.aspx>
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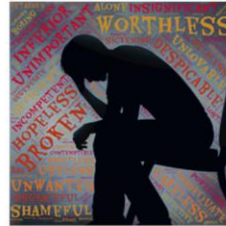
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Facilitator Notes: “So, if I think I’m far from the best version of myself, I don’t feel great about myself and I have low self-esteem. But when I’m close to my best version of myself, I feel much better and have higher self-esteem. For example, if I want to be smart and I see that I actually am smart, I have a high self-esteem.”

Parent Share:

What are some signs of **unhealthy** self-esteem?



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Facilitator Notes: Allow participants 3 mins to talk about this question with the person to the left or right of them.

Image Source: https://cdn.pixabay.com/photo/2016/03/11/19/08/depression-1250870_960_720.jpg

Unhealthy Self-Esteem

Kids with **unhealthy self-esteem** might:

- Not want to try new things.
- Speak negatively about themselves:
 - "I'm stupid," "I'll never learn how to do this," or "What's the point? Nobody cares about me anyway."
- Give up easily or wait for somebody else to take over.
- Be easily disappointed in themselves.

Source: http://kidhealth.org/parent/positive/talk/self_esteem.html

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Facilitator Notes: Click for bullet points

Parent Share:

What are some signs of **healthy** self-esteem?



Facilitator Notes: Allow participants 3 mins to talk about this question with the person to the left or right of them.

Image Source: https://cdn.pixabay.com/photo/2015/10/28/06/27/ego-1010017_960_720.jpg

Healthy Self-Esteem

Kids with **healthy self-esteem** tend to:

- Enjoy interacting with others
- Be comfortable in social settings
- Enjoy group and independent activities
- Work toward finding a solution to challenges without giving up quickly
- Know their strengths and weaknesses, and accept them

Source: http://kidshealth.org/parent/positive/talk/self_esteem.html#

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Facilitator Notes: Click for bullet points

Self-Esteem and School

Low self-esteem can lead to:

- Poor academic performance
- Seeming “checked out”
- Having a hard time making or keeping friends
- Being less able to learn and focus
- Being vulnerable to peer pressure
- Avoiding challenges



Facilitator Notes: Click for bullet points

Tools for Developing A Healthy Self-Esteem

To build a healthy self-esteem, children need to develop a sense of:

- Security
- Belonging
- Purpose
- Competence and pride
- Trust
- Responsibility
- Encouragement, support, and reward

Source: <https://www.healthychildren.org/English/ages-stages/gradeschool/Pages/Helping-Your-Child-Develop-A-Healthy-Sense-of-Self-Esteem.aspx>

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Facilitator Notes: Click for bullet points, and describe each as written below:

A sense of security. Your child must feel secure about themselves and their future.

A sense of belonging. Your youngster needs to feel accepted and loved by others, beginning with the family and then extending to groups such as friends, schoolmates, etc.

A sense of purpose. Your child should have goals that give her purpose and direction and an avenue for channeling his or her energy toward achievement and self-expression.

A sense of personal competence and pride. Your child should feel confident in her ability to meet the challenges in his or her life. This sense of personal power evolves from having successful life experiences in solving problems independently, being creative and getting results for their efforts

A sense of trust. Your child needs to feel trust in you and in themselves.

A sense of responsibility. Give your child a chance to show what he or she is capable of doing.

A sense of encouragement, support, and reward. Not only does your child need to achieve, but they also need positive feedback and recognition

Tools for Developing A Healthy Self-Esteem

To build a healthy self-esteem, children need to have the opportunity to:

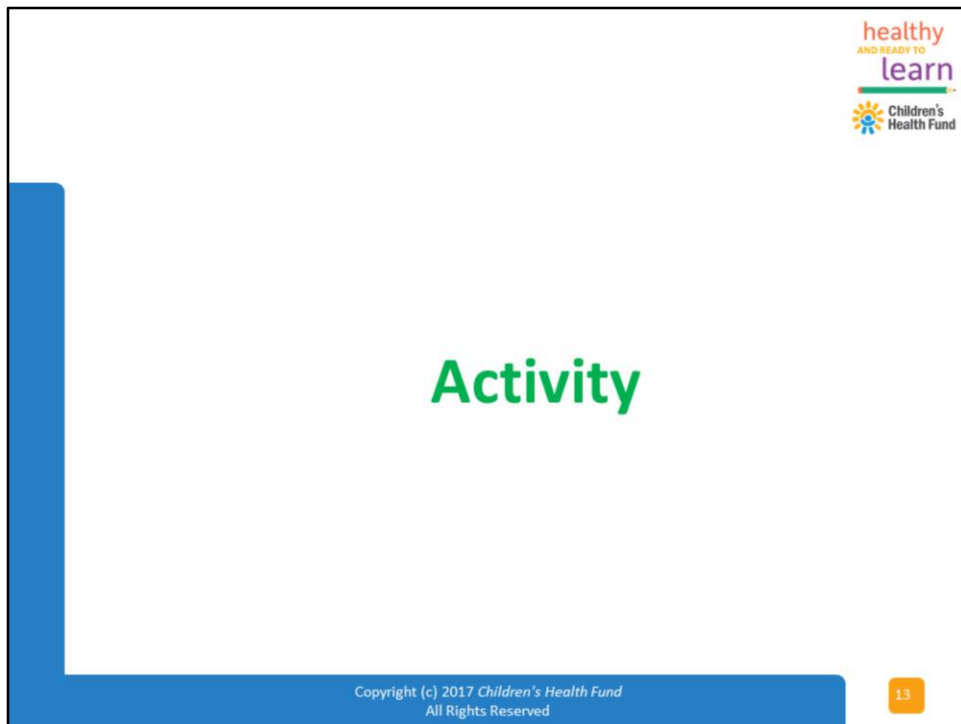
- Make real choices and decisions
- Use self-discipline and self-control
- Turn mistakes and failures into a chance to learn or grow

Facilitator Notes: Click for bullet points, and describe each as written below:

An opportunity to make real choices and decisions. Your child will feel empowered and in control of events when they are able to make or influence decisions that they consider important.

An opportunity to use self-discipline and self-control. As your child is striving to achieve and gain more independence, they need and want to feel that they can make it on their own.

An opportunity to turn mistakes and failures into a chance to learn or grow. Your child needs to feel comfortable, not defeated, when they make mistakes.



Facilitator Notes: Hand out the handout and then read the directions for the activity.

Directions: In groups of 3-4 create a 2-3 minute skit. In the skit one person will be the parent and one person will be the child (if you'd like more than one person can be a child). Your goal is to show the audience how parents can help their child develop healthy self esteem. Using the handout, think about what it takes for a child to develop healthy self-esteem and then create the skit using 1-2 of those skills. For example, children need to feel a sense of encouragement, support and reward. The skit can involve a child wanting to try out for a sport. The parent can be supportive by saying, "Good luck, give it your best shot."

How can parents help?

- **Be careful what you say.** Remember to praise your child when they do a good job, and also for effort.
- **Be a positive role model.** If you are always hard on yourself, your child might learn to be hard on themselves.
- **Don't call your children bad.** When children behave badly, teach them that their choice was bad, but that they are still a good person, and can make better choices in the future.

Facilitator Notes: Click for bullet points

How can parents help?

- **Redirect inaccurate beliefs.** If a child says “I can’t do math, I’m stupid.” You can say, “Even though math is tough, you are smart. Let’s figure out a new way of trying to get the answer.”
- **Teach kids to talk back to their self-doubts.** When kids have self-doubts, you can teach them to repeat what they know is true and positive, like “It feels like I’m not smart or good at math, but I know I’m actually really smart.”

Facilitator Notes: Click for bullet points

How can parents help?

- **Be spontaneous and affectionate.** Give your kids hugs and tell them you are proud of them.
- **Create a safe, loving home.** Kids who don't feel safe at home are at risk of developing unhealthy self-esteem.
- **Find activities where children can build their own self-esteem.** Activities that encourage cooperation (like volunteering in your community or taking an art class) are helpful in fostering self-esteem.

Source: http://kidshealth.org/parent/positive/talk/self_esteem.html

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Facilitator Notes: Click for bullet points

How can parents help?



**Embrace your
child's differences.**

Source: http://kidsheath.org/parent/positive/tak/self_esteem.htm#

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Parent Share:

What is one thing that
makes your child **different**?



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Facilitator Notes: Allow participants 3 mins to talk about this question with the person to the left or right of them.

Facilitator Notes: Click for “embrace it”

Today's Takeaways:

- **Define self-esteem.** Self-esteem is the way a person sees themselves and their worth.
- **Know how self-esteem affects school.** Unhealthy or low self-esteem can negatively impact a child's performance in school.
- **Learn how to build healthy self-esteem.** Parents can help their children build healthy self-esteem.

Facilitator Notes: Summarize lesson's main points. Click for each bullet.

Question?



Thank You !



If you would like to see other mental and behavioral health resources or find information on additional **Health Barriers to Learning**, please visit the **Healthy and Ready to Learn Resource and Training Center** at www.hrl.nyc

WORKSHOP SURVEY

Thank you for taking part in our workshop! We would like your help in understanding how to improve the workshop, how much you learned, and if you think that you will apply what you learned in your work and life. Please take a few minutes to fill the following survey. Honest feedback is welcome!

1) What was the best part of the workshop?

2) What did you LIKE LEAST about the workshop?

3) How would you improve the workshop?

4) Please circle the number that best represents your knowledge and skills before and after this training:

Understand what self-esteem is:

BEFORE THE WORKSHOP					AFTER THE WORKSHOP				
Very Low	Low	Medium	High	Very high	Very Low	Low	Medium	High	Very high
1	2	3	4	5	1	2	3	4	5

Know who self-esteem effects a child in school:

BEFORE THE WORKSHOP					AFTER THE WORKSHOP				
Very Low	Low	Medium	High	Very high	Very Low	Low	Medium	High	Very high
1	2	3	4	5	1	2	3	4	5

How to build good self-esteem:

BEFORE THE WORKSHOP					AFTER THE WORKSHOP				
Very Low	Low	Medium	High	Very high	Very Low	Low	Medium	High	Very high
1	2	3	4	5	1	2	3	4	5

5) How likely are you to use the knowledge and skills that you learned in the workshop? (Please circle)

Not likely at all	Not likely	Neutral	Likely	Very likely
1	2	3	4	5

6) What challenges do you think you will have in using what you learned?

7) Any other feedback?

Tools for Developing a Healthy Self-Esteem

A sense of security

Your child must feel secure about his/her future. ("What will become of me?").

A sense of belonging

Your child needs to feel accepted and loved by others, beginning with the family and then extending to other groups (friends, sports teams, a church or temple and even a neighborhood).

A sense of purpose

Your child should have goals that give them purpose and direction and an avenue for channeling their energy toward achievement and self-expression.

A sense of personal competence and pride

Your child should feel confident in his/her ability to meet the challenges in his/her life. Setting appropriate expectations, not too low and not too high, is critical to developing confidence.

A sense of trust

Your child needs to feel trust in you and in himself/herself. Toward this goal, you should keep promises, be supportive and give your child opportunities to be trustworthy.

A sense of responsibility

Give your child a chance to show what he/she is capable of doing.

A sense of contribution

Your child will develop a sense of importance and commitment if you give him/ her opportunities to participate and contribute in a meaningful way to an activity.

A sense of making real choices and decisions

Your child will feel empowered and in control of events when he/she is able to make or influence decisions that she considers important.

A sense of self-discipline and self-control

As your child is striving to achieve and gain more independence, he/she needs and wants to feel that he/she can make it on his/her own.

A sense of encouragement, support and reward

Not only does your child need to achieve, but he/she also needs positive feedback and recognition. Encourage and praise her, not only for achieving a set goal but also for her efforts.

A sense of accepting mistakes and failure

Your child needs to feel comfortable, not defeated, when she makes mistakes or fails.

adapted from:

<https://www.healthychildren.org/English/ages-stages/gradeschool/Pages/Helping-Your-Child-Develop-A-Healthy-Sense-of-Self-Esteem.aspx>

ATTENDANCE PARENT NEWSLETTER

BUILDING HEALTHY HABITS

HEALTHY SELF-ESTEEM

Self-esteem is the way an individual sees himself or herself.

When children have a healthy self-esteem they:

- Make better choices.
- Feel more confident.
- Have more self-respect.
- Know their strengths and weaknesses and accepts them.

Parents can help children feel good about themselves.

- Tell your child you are proud of him/her.
- Say something nice to your child when he/she tries their best.
- Be a positive role model.
- Help your child make a list of the things he/she is good at.
- Help your child think about skills he/she needs to work on.
- Let your child try to solve problems by himself/herself.

SECRETS FOR SUCCESS

Behavior Tip
Catch your child being good!
Give your child attention when he/she does something you want to see.

COOKING CORNER



Hamburger Buddy

Ingredients

- 3 cloves garlic, crushed and peeled
- 2 medium carrots, cut into 2-inch pieces
- 10 ounces mushrooms, large ones cut in half
- 1 large onion, cut into 2-inch pieces
- 1 pound ground turkey
- 2 teaspoons dried thyme
- 3/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 2 cups water
- 1 14-ounce can reduced-sodium beef broth
- 2 cups whole-wheat elbow noodles
- 2 tablespoons Worcestershire sauce
- 2 tablespoons all-purpose flour
- 1/2 cup reduced-fat sour cream

Directions: Use food processor to blend garlic until minced, then add carrots and mushrooms and process until finely chopped. Finally, add onion, and pulse until roughly chopped. Cook turkey in a large skillet over medium-high heat, breaking it up with a wooden spoon, until no longer pink. Stir in the chopped vegetables, thyme, salt and pepper and cook, stirring often, until the vegetables start to soften. Stir in water, 1 1/2 cups broth, noodles and Worcestershire sauce; bring to a boil. Cover, reduce heat to medium and cook, stirring occasionally, until the pasta is tender. Whisk flour with the remaining 1/4 cup broth in a small bowl until smooth; stir into the hamburger mixture. Stir in the sour cream. Simmer, stirring often, until the sauce is thickened