

### LEARNING OBJECTIVES

The purpose of this lesson is for students to strengthen their self image and distinguish between negative and positive peer pressure.



### LESSON CONTENT

Self image is the ideas and feelings that we have about ourselves. When we positively encourage others to be themselves, they can more easily assess who they are and who they want to become.

### STRATEGIES

- Celebrate your uniqueness.
- Be patient with yourself.
- Encourage others to do good.
- Boost others up.

### CONVERSATION STARTERS

- How do you feel about yourself and your self image?
- What has your experience been with peer pressure?
- What can you do when you feel negative peer pressure?

### EXTENDING THE LEARNING

- Make a list of some of your skills and talents. Choose one of your talents and spend 20-30 minutes practicing that talent. Once you are done, write a paragraph describing how you felt. Share this with others.
- Invite someone to participate in an uplifting activity with you. Then, challenge them to invite someone else to participate in an uplifting activity with them.