

### LEARNING OBJECTIVES

The purpose of this lesson is for students to assess their self-image and consider how to use positive peer pressure to boost others up.



### LESSON CONTENT

Self-image can make us feel whole and happy when it is high; however, low self-image has been connected with feelings of depression. We can use positive peer pressure to influence and encourage others in healthy ways. We can even help others see themselves in a more positive light.

### STRATEGIES

- Express gratitude for yourself.
- Surround yourself with positivity.
- Encourage and support others.

### CONVERSATION STARTERS

- What are 3 things that you love about yourself?
- Who is someone that makes you feel amazing about yourself? How do they do that?
- What are simple ways that you can encourage others to make positive and healthy choices?

### EXTENDING THE LEARNING

- Write down a positive and a negative core belief that you have about yourself (e.g., I am unlovable or I am worthy). Write down a few pieces of evidence that prove why the positive is true and the negative is false.
- Interview an elderly family member and ask them what they would tell their younger selves. How much should you care about what others think?