Lesson 1: Who am I?

<http://www.youtube.com/watch?v=9Ro9iyswQPU>

Jeff Yalden: Teens and Self Esteem

Definition

1. Self-Concept- the image you have of yourself, including your physical appearance and personality characteristics. Many factors can influence our self-concept, including our childhood experiences, how other people respond to us, and how we relate to other people.

\* Your identity and who you think you are as an individual.

2. Self-Esteem- how you feel about yourself as a person and how much you value yourself. The way we feel about ourselves has a huge affect on the way we treat ourselves, others, and on the kinds of choices we make.

3. Self-Ideal- a perception of how you think you should behave based on certain personal standards. The standard may be either a carefully constructed image of the kind of person you would like to be or merely a number of aspirations (a strong desire for high achievement), goals, or values you would like to achieve.

Factors which influence self-concept, self-esteem, and self-ideal:

1. Family

2. School

3. Society

4. Media

**Assignment**

Write an HONEST but SINCERE autobiography (about yourself) with NO reference to your name. You should include unique things about yourself that no one may know about. Make sure you do not include obvious things about yourself.

Use a separate piece of paper. I will be reading these to the class next cycle and you will try to guess whom each belongs to.

DUE: