BOOST Collaborative

Presents

Helping Girls Foster Self-Esteem

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• Review of self-esteem as it relates to girls’ development
• Activities for EASY implementation
• Resources for your after-school program
Self-esteem  \textit{noun \textbackslash -\textael^{-}stēm\textbackslash:}
a confidence and satisfaction in oneself
Seven in ten girls believe they are **not good enough** or **do not measure up** in some way, including their looks, performance in school and relationships with friends and family members.

Out of more than 4,300 girls, 8-17 years old surveyed...

- 62% of girls feel insecure or not sure of themselves
- 57% of girls report having a mother who criticizes her own looks

Low self-esteem significantly impacts girls’ overall feelings about their own beauty

- 71% of girls with low self-esteem feel their appearance does not measure up, including not feeling pretty enough, thin enough or stylish or trendy enough (compared to 29% of girls with high self-esteem)
- 78% of girls with low self-esteem admit that it is hard to feel good in school when you do not feel good about how you look (compared to 54% of girls with high self-esteem)

Girls with low self-esteem are significantly more likely to engage in negative behaviors

- 75% of girls with low self-esteem reported engaging in negative activities such as bullying, smoking, or drinking when feeling badly about themselves (Compared to 25% of girls with high self-esteem)

Girls and Self-Esteem

Girls with low self-esteem are three times more likely to engage in harmful and destructive behavior

• 25% of teen girls with low self-esteem resort to injuring themselves on purpose or cutting when feeling badly about themselves (Compared to 4% of girls with high self-esteem)

• 25% of teen girls with low self-esteem practice disordered eating, such as starving themselves, refusing to eat, or over-eating and throwing up when feeling badly about themselves (Compared to 7% of girls with high self-esteem)

Activities You Can USE TOMORROW!

• Girl Talk/Empowerment Groups
  – Meet weekly 45-60 minutes
• Public Service Announcements
• What I Like About Me
• Vision Boards/Life Map/ Collage
• Influential Women
  – Where Do I Want to be in 10 Years?
Activities You Can USE TOMORROW!

• Explore good qualities within themselves
  – Journal writing, group sharing
• Poems
  – Maya Angelou’s *Phenomenal Woman*
• *True Colors*- Dove
• *Beauty Is Not How Skinny You Are*- YouTube

If you can’t download- email Gabriela!!
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1. Display *Influential Women* pictures throughout the room OR give one picture to each student and her report ONE THING that she learned about the Influential Woman.

2. Facilitate discussion- what do all women have in common? What do students have in common with the women?

3. Have each student complete her biography and share out.
Remind Girls...

- You DESERVE to be happy
  - Make a list of positive/unique qualities
- Don't always try to please others
- Be your own person
- Avoid negative people
  - Have girls create list of qualities of good friends
- STOP the negative thoughts
Boosting Self-esteem

• **Boost your self confidence**
  – Do things that make you feel good. Do what you do well- accomplish it!

• **Reward yourself when you succeed**

• **Don't worry about being perfect**
  – Remind students that there is NO SUCH THING!
Uniquely Me! Tips for Building Self-Esteem

Celebrate you!
Reward yourself when you have accomplished something! You don't need to wait for others to recognize what you've done.

Surround yourself with positive people.
Spend time with people who are upbeat and feel good about themselves. They, in turn, will put a smile on your face and help you feel good about yourself.

Challenge yourself to try new things.
Try a ropes course, learn some new dance steps, speak in front of a large group. Stepping outside of your comfort zone to try new things is a great way to grow.

Source: Girl Scouts, 2011
Be good to your body.
   Exercising, eating well, and getting plenty of sleep will help you move toward a healthier you—inside and out!

Find and express the real you.
   No other person has the unique combination of qualities that you have! Be proud of yourself and be courageous enough to express your true feelings.

Have a positive mental attitude.
   A positive attitude is contagious! You'll feel good and people will want to hang out with you.

Learn from your experiences.
   Learn from your actions—both good and bad, and use the knowledge you gain to make positive decisions in the future.

Find the humor in everyday life.
   When you can see the funny side of things, you'll be less stressed and more likely to handle tough situations better.
Other Tips

• Praise
  – When appropriate- only say if you mean it!

• Recognize students’ individuality

• Know students BY NAME

• BE A ROLE MODEL!
• National Association for Self Esteem
• The Self Esteem Institute
• Dove’s Campaign for Real Beauty
  – www.campaignforrealbeauty.com
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