Discussion Questions

1. What mental picture do you have of yourself? How do others perceive you? Are these perceptions similar?

2. What are self-image and self-esteem? How does your self-esteem develop? How does each affect the way you act and how others see and treat you?

3. How can having high self-esteem affect your life? How can having low self esteem affect your life? Why do some teens have low self-esteem?

4. Has someone ever said something to you about the way you looked that hurt your feelings? How can family, friends, classmates, and teachers influence a person’s self-esteem?

5. Can your self-esteem change? What kinds of things can you do to improve your self-esteem?

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