

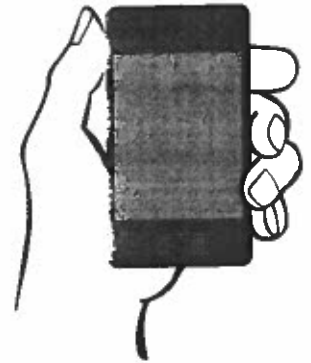


Name: _____

Date: _____

Self-Esteem Hotline

Directions: Give advice to each of the four callers on how to improve their self-esteem.



Call 1 *"No matter what I do, I don't look like the girls in my magazines. I'm short, I have curly hair and my mom won't let me wear makeup or straighten my hair. I wish I could look as pretty as the models in my magazines. Any advice on how I can feel better about myself?"*

—Curly Sue

Dear Curly Sue,

Call 2 *"My dad is really mad at me because I got a C- in math. I usually get B's, but I just started on the track team and I got a part-time job. Now my dad wants me to quit my job and the track team! I guess I can't do it all. Help!"*

—Running Scared

Dear Running Scared,



Name: _____

Date: _____

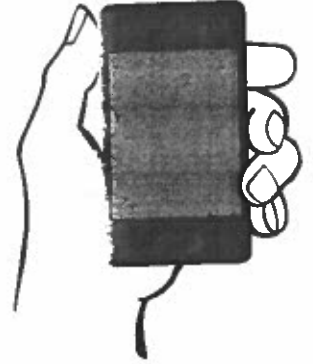
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Call 3 "I tried out for the basketball team for the past 2 years and was cut both times. All my friends are on the team and now I have nothing to do after school. I used to think I was good at basketball, but I guess I really stink. Maybe I should just forget about sports."

—Sports Skunk

Dear Sports Skunk,



Call 4 "I really want to go to college to be a nurse, but my grades haven't been so great this year. I probably can't get into nursing school. Nursing school is probably too hard anyway. What should I do?"

—Non-Nurse

Dear Non-Nurse,
