



## Lesson Plan: Acceptance and Pride

This lesson plan outlines the curriculum for "Lesson 2: Acceptance and Pride," based on the "Your Health - Level 1 - Module 1 – Lesson 2 - Classroom Presentation" slides. It aims to provide a structured approach for educators to individuals, particularly teens, with self-acceptance and building self-esteem.

Category	Details
Chapter Title	Understanding Ourselves: Growth and Development
Lesson Title	Acceptance and Pride
Lesson Objectives	Explain the importance of accepting the changes in your body. Describe what self-esteem is and why it is important. Identify ways to build self-esteem and feel proud of who you are.
Key Vocabulary	Puberty, Self-Esteem, Critical Thinking, Goals, Value
Lesson Materials	Classroom Presentation: File eBook: File Worksheet Activity: File Assessment Questions: File
Lesson Summary	It's essential to embrace your unique body. Accept the changes of puberty by focusing on its capabilities rather than other's appearances. Set realistic goals and celebrate your success.
Evaluation Method	Key Concept Check (through discussion and questions) Definition of Self-Esteem Discussion of healthy coping strategies