



UNDERSTANDING OURSELVES: GROWTH AND DEVELOPMENT



Acceptance and Pride

Lesson's learning outcomes



**By the end of this lesson
you will be able to:**

- 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

Accepting our Changing Body



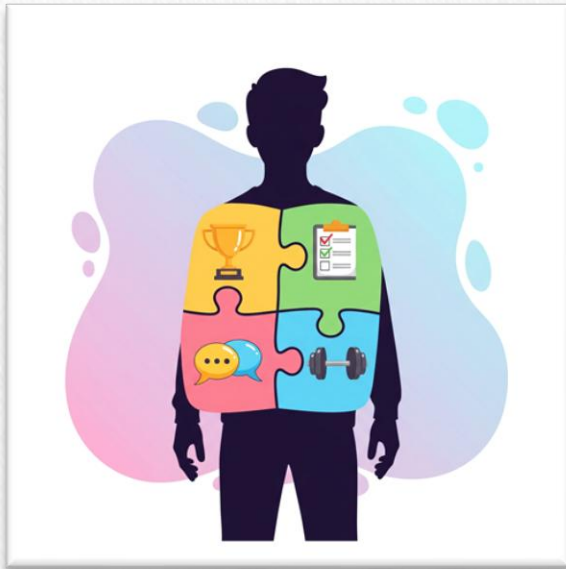
- Your body is unique and special
- The changes during puberty are part of what makes you, you
- It's important to accept these changes and not compare your body to others
- Focus on what your body can DO, not just how it looks

What is Self-Esteem?



- Self-esteem is how you feel about yourself
- **High Self-Esteem:** You feel good about yourself, you are proud, and you believe in your abilities
- **Low Self-Esteem:** You feel bad about yourself, you are critical, and you doubt your abilities.
- Having high self-esteem helps you make good choices

Building High Self-Esteem



- Focus on your strengths
- Set realistic goals by achieving small things every day
- **Practice positive self-talk:** Say kind things to yourself. Instead of "I can't do it," say "I will try my best."
- Take care of your body by eating healthy food, exercise, and get enough sleep

Be Proud of Who You Are



- Your value does not come from how you look
- It comes from your character, your kindness, and your actions
- Celebrate your talents and successes
- Spend time with people who make you feel good about yourself

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

Key Concept Check



Why is it important to accept your body during puberty?

Key Concept Check



What is Self-Esteem?



Key Concept Check



Name one way to build your self-esteem.





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Well Done!