



## Module 1: Understanding Ourselves: Growth and Development

### Lesson 2: Acceptance and Price - Assessment

#### Multiple Choice Questions

1. Why is it important to accept the changes in your body during puberty?
  - a) Because everyone else's changes are the same
  - b) Because it helps you to become more popular
  - c) Because accepting your body helps you feel confident and healthy
  - d) Because changes will stop if you do
2. What is self-esteem?
  - a) How others see you
  - b) How you think and feel about yourself
  - c) How many friends you have
  - d) How successful you are
3. Which of the following is a characteristic of high self-esteem?
  - a) Feeling bad about yourself
  - b) Doubting your abilities
  - c) Feeling proud and believing in yourself
  - d) Criticizing yourself often
4. What can help in building high self-esteem?
  - a) Focusing on others' strengths
  - b) Setting unrealistic goals
  - c) Practicing positive self-talk
  - d) Ignoring your weaknesses
5. Why should you focus on what your body can do rather than how it looks?
  - a) Because the appearance is permanent
  - b) To appreciate your physical abilities
  - c) Because looks are the only things that matter
  - d) Because doing so makes you taller

6. How can setting realistic goals help you?
  - a) By making others notice you
  - b) By making new friends every day
  - c) By celebrating small achievements every day
  - d) By ignoring your progress
7. Which statement is true about your body's value?
  - a) Your value comes from your appearance
  - b) Your value comes from your actions and character
  - c) Your value is determined by others
  - d) Your value is fixed from birth
8. What is one way to take care of your body?
  - a) Only eat your favorite foods
  - b) Exercise and eat healthy foods
  - c) Sleep late regularly
  - d) Avoid physical activities
9. Why should you practice positive self-talk?
  - a) To make excuses
  - b) To ignore others
  - c) To encourage yourself to try your best
  - d) To criticize yourself
10. How can spending time with positive people help you?
  - a) By letting you borrow their ideas
  - b) By spending your money wisely
  - c) By making you feel good about yourself
  - d) By comparing yourself to them
11. Which of these statements reflects high self-esteem?
  - a) I can't do anything right.
  - b) I'll give it a try, I can do this.
  - c) No one will like me.
  - d) Only luck can help me succeed.
12. Celebrating which of the following can boost your self-esteem?
  - a) Other people's failures
  - b) Your talents and successes
  - c) Negative feedback
  - d) Daily routines

13. Why is it important not to compare your body to others during puberty?
- a) **Everyone's body changes at different rates**
  - b) It will make changes stop
  - c) Others are perfect
  - d) Comparisons don't affect self-esteem
14. What should you focus on to enhance self-esteem?
- a) On your perceived flaws
  - b) On your weaknesses
  - c) **On your strengths**
  - d) On your fears
15. Which of the following is an outcome of low self-esteem?
- a) Greater self-belief
  - b) **Critical self-thought**
  - c) Frequent celebration of achievements
  - d) Sense of worth
16. What is an incorrect way to build self-esteem?
- a) Focus on your strengths
  - b) Use positive affirmations
  - c) **Dwell on failures**
  - d) Achieve small daily goals
17. How does self-esteem affect your choices?
- a) It doesn't affect choices
  - b) **High self-esteem helps make good choices**
  - c) It forces poor decisions
  - d) It stabilizes every situation equally
18. What does celebrating your successes teach you?
- a) How to compete with others
  - b) **The value of reflection and growth**
  - c) How to doubt your abilities
  - d) Why to compare with others
19. What can be a result of focusing too much on looks?
- a) Enhanced abilities
  - b) **Missed opportunities to appreciate one's capabilities**
  - c) Improved self-worth
  - d) Increased focus

20. How does practicing positive self-talk contribute to self-esteem?
- a) By allowing negative thoughts
  - b) By cultivating self-kindness and confidence
  - c) By encouraging consistent self-doubt
  - d) By eliminating self-awareness
21. What role does healthy eating have on self-esteem?
- a) No direct role
  - b) It increases self-doubt
  - c) It promotes overall well-being which can enhance self-esteem
  - d) It makes you unfocused
22. Which mindset can positively impact self-esteem during puberty?
- a) Believing that changes are temporary issues
  - b) Understanding and accepting changes as natural
  - c) Ignoring changes entirely
  - d) Thinking changes shouldn't happen
23. How can engaging in physical activities influence self-esteem?
- a) It doesn't influence self-esteem
  - b) It builds appreciation for physical capabilities
  - c) It destroys self-confidence
  - d) It enhances appearance only
24. What does reflecting on accomplishments do?
- a) It minimizes the value of actions
  - b) It reinforces a sense of accomplishment and self-worth
  - c) It highlights failures
  - d) It discourages new achievements
25. Which approach to challenges would signify high self-esteem?
- a) Avoiding challenges
  - b) Trying with confidence
  - c) Ignoring them
  - d) Complaining consistently

### True or False

1. True or False: Everyone's body changes at the same time and in the same way during puberty.
2. True or False: Building high self-esteem means only focusing on how your body looks to others.
3. True or False: Self-esteem can impact your ability to make good choices.
4. True or False: High self-esteem means you believe in your abilities and feel proud of who you are.

5. True or **False**: Setting unrealistic goals is a way to improve self-esteem.
6. **True** or False: Positive self-talk involves saying kind things to yourself, like "I will try my best."
7. **True** or False: Spending time with people who make you feel good about yourself can help build self-esteem.
8. True or **False**: Your value as a person comes mainly from your physical appearance.
9. True or **False**: Comparing yourself to others is a helpful way to improve your self-esteem.
10. **True** or False: Accepting the changes during puberty involves focusing on what your body can do rather than how it looks.

### Fill in the Blank

Word Bank: (feel, success, good, do, confidence, kindness, realistic, positive, high, unique)

1. During puberty, it's important to focus on what your body can do, not just how it looks.
2. Self-esteem is how you feel about yourself.
3. If you have high self-esteem, you feel good about yourself, and you believe in your abilities.
4. One way to build high self-esteem is to set realistic goals by achieving small things every day.
5. Instead of saying "I can't do it," practice positive self-talk by saying "I will try my best."
6. Your value comes from your character, your kindness, and your actions.
7. Celebrate your talents and success to help boost your self-esteem.
8. Being around people who make you feel good about yourself helps to build high self-esteem.
9. Accepting your own body helps you feel confident and healthy.
10. It's essential to embrace the unique body during the changes of puberty.

## Short Answer Questions

(Answers should be similar below.)

1. Why is it important to accept the changes during puberty?
  - It is important to accept the changes during puberty because your body is unique and special, and these changes are part of what makes you, you. Accepting these changes also helps you feel confident and healthy. It's important not to compare your body to others and to focus on what your body can *do*, not just how it looks.
2. Describe what self-esteem is and why it is significant.
  - Self-esteem is how you feel about yourself. It is significant because having high self-esteem helps you make good choices.
3. Identify two strategies to build self-esteem.
  - Focus on your strengths.
  - Practice positive self-talk, saying kind things to yourself.
  - Take care of your body by eating healthy food, exercising, and getting enough sleep.
  - Set realistic goals by achieving small things every day.