



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

2. Describe what self-esteem is and why it is significant.

3. Identify two strategies to build self-esteem.



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