



Self-Esteem

/ Bullying



What is self-esteem?

Self-esteem is how you feel about yourself.

What does a person with good self-esteem look like?

People with good self-esteem have self-confidence and self-worth. They also believe that they can accomplish goals and are able to focus on their strengths.

What does a person with low self-esteem look like?

Individuals with low self-esteem tend to view themselves poorly and feel that others view them the same way.

These people also may put themselves down a lot. For example, they may often say or feel, “I am so stupid,” or, “Everyone hates me.”

TIP 1: LOOK AT ALL OF YOUR POSITIVE QUALITIES

Sometimes we forget what our strengths are, but we all have them. If you think hard you can find and remember these qualities about yourself.

TIP 3: POSITIVE SELF-TALK Keep telling yourself, “I can do this,” or, “I am smart.” If you need to practice, try it in front of a mirror or with friends and family.

TIP 4: KEEP A JOURNAL Try writing down your positive qualities at least three times a week. If you start feeling bad about yourself, look at your journal as a reminder of your self worth.

TIP 5: ACCEPT DEFEAT Making mistakes is OK! Everyone makes mistakes; it does not mean you should feel bad about who you are. In fact, we learn and grow through making mistakes. You already succeeded by taking a chance.

TIP 6: SPEND TIME WITH PEOPLE WHO MAKE YOU FEEL GOOD

You will meet a lot of new people as you continue to grow. Some will see the best in you and make you feel good about yourself. Despite your best efforts, others will put you down and will leave you questioning yourself. It is important to spend time with people who make you feel good. Remember, people who put others down might not feel good about themselves.

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IF YOU ARE BEING BULLIED:

TIP 1: KNOW THAT IT IS WRONG

Don't let others try to convince you that bullying is okay or that it is a minor issue. Bullying is a problem that can lead to negative consequences.

TIP 2: IGNORE THEM

Walk away and pretend the bullying is not bothering you. If people notice that you are not reacting to them, they may stop their behavior.

TIP 3: TELL AN ADULT

Tell your parents, teachers, or someone else you feel you can confide in, and make sure you give them clear details.

TIP 4: BE CONFIDENT

Body language is important. Hold your head up high; this will show others you are not vulnerable.

TIP 5: DON'T FIGHT BACK

Physical fighting does not solve problems, so you should try to avoid it. If someone is physically threatening you, try to walk away and tell someone immediately.

TIP 6: TALK ABOUT YOUR FEELINGS

It is okay to be upset about others bullying you. Talking about your feelings will decrease emotional reactions the next time a bully confronts you.

IF PEOPLE YOU KNOW ARE BEING BULLIED:

TIP 1: SUPPORT THEM

Let them know you care—listen to them.

TIP 2: ENCOURAGE THEM Have them tell an adult they trust, especially if the situation is getting dangerous.

TIP 3: DON'T BE A BYSTANDER Remember, if you watch others being bullied or walk away, it still means that you are involved. This makes you a bystander. If you see someone being bullied, tell a responsible adult.

IF YOU ARE BULLYING OTHERS OR ARE TEMPTED:

TIP 1: THINK ABOUT HOW OTHERS MIGHT FEEL Imagine that you are being bullied. Would that upset you? Putting yourself in others' shoes may give you some perspective.