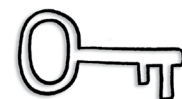


## 2.2. SELF-ESTEEM – THE IMPORTANCE OF FEELING VALUED



### Aim

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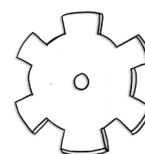
It is important for young people's self-esteem to feel valued by the people they care about, and by themselves. A lack of this can lead to frustration and aggressive behaviour. This workshop is devised as an introduction to building self-esteem.

 <p><b>Time needed</b> Minimum one hour</p>	 <p><b>Resources needed</b> Copies of the worksheet <b>FEELING VALUED</b> Pens</p>	 <p><b>Group size</b> Variable</p>
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### Step-by-step description

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1. Start by introducing the idea of self-esteem and feeling good about yourself. Hand out the worksheet and some pens. If you know that the young person finds reading and writing difficult, read the sheet out and use pictures or write their answers down yourself.
2. Support the young people as they think about the issues raised on the sheet. If they say they cannot think of anything to write, suggest they think about the last time that someone made them feel happy or loved. You can then ask prompt questions to try and expand and reflect on this.



### Reflection and evaluation

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Once they have completed the sheet, review what has been written with the young person. In particular, ask them to reflect on what they have written in the final section. For example, the young person may write that they feel valued when their mother praises them and a way to achieve this could be "to walk away when my brother starts a fight rather than hitting him, which upsets my mother". Devise an action plan together to achieve some of these goals. Review agreements made regularly to celebrate achievements and set new goals.

THIS IS ME

Last time I felt valued was when  
.....  
.....  
It made me feel  
.....  
.....

People who make me feel good about myself are .....

because .....

I show them I am happy by .....

Things that make me feel good about myself are

1. ....  
.....
2. ....  
.....
3. ....  
.....

Things I can do to help achieve this are

1. ....  
.....
2. ....  
.....
3. ....  
.....