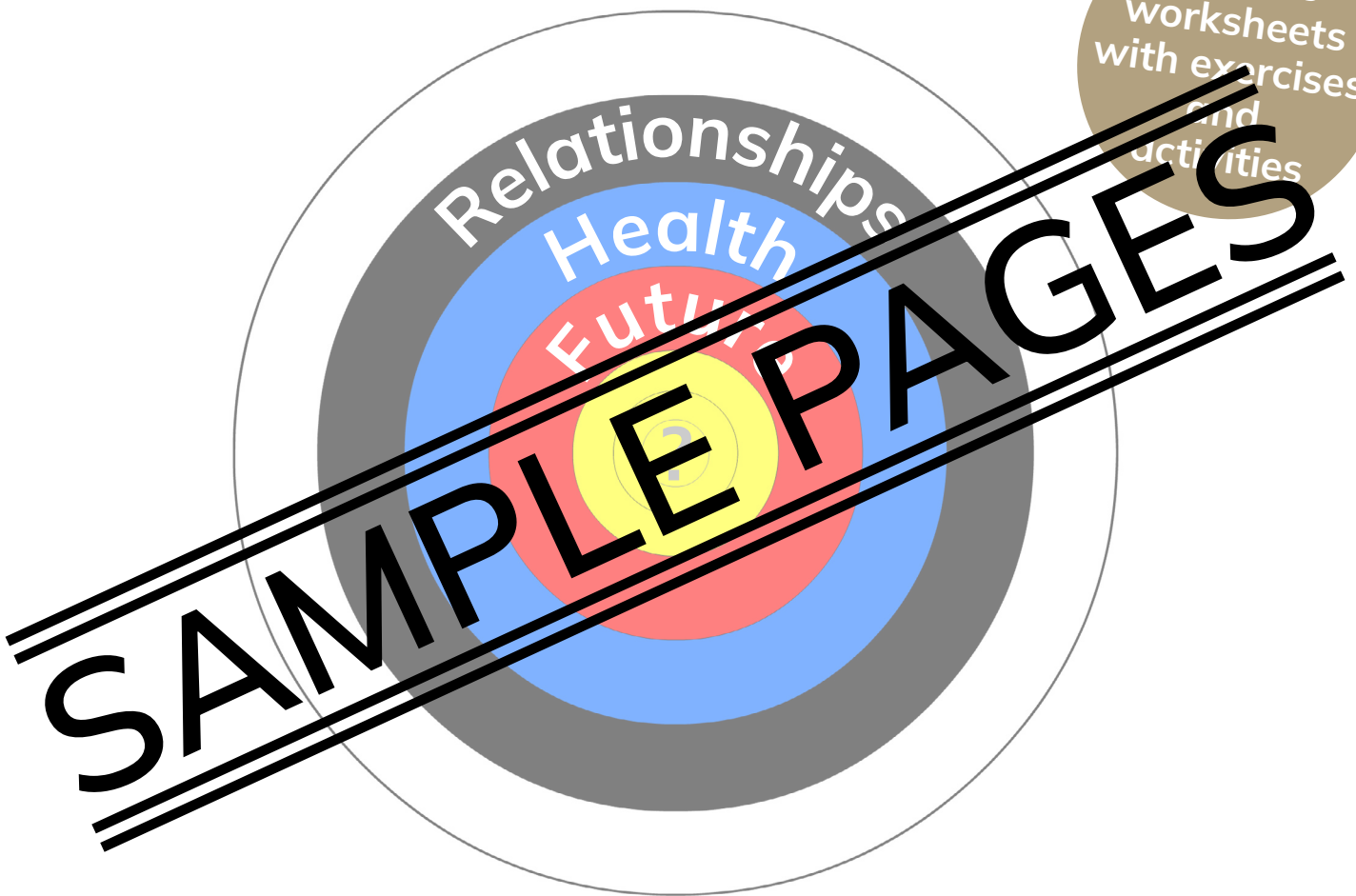


OVER TO YOU

Includes
worksheets
with exercises
and
activities



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98	Body Language (50 mins)
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100	Changing My Behavior (50 mins)
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101	Think Outside the Box (15 mins)
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106	Short-Term Goals (10 mins)
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Schedule Session 4

(09:00–15:15 approx. Lunch 13:00–14:00)

09:00 am START

Recap	30 mins	09:00–09:30
Self-Esteem	35 mins	09:30–10:05
Are We ‘Good Enough’?	15 mins	10:05–10:20
Declaration of Self-Esteem	20 mins	10:20–10:40
Break	20 mins	10:40–11:00
Self-Image	20 mins	11:00–11:20
My Behaviour	40 mins	11:20–12:00
Importance of Communication	15 mins	12:00–12:15
Ways of Expressing Need	45 mins	12:15–13:00
Lunch	1 hr	13:00–14:00
Responsibility Builds Self-Esteem	30 mins	14:00–14:30
Low, Middle & High Self-Esteem	45 mins	14:30–15:15

15:15 pm END

Materials Required:

- **INFOSHEETS 6, 7 & 8**
- **FLIPCHARTS 6 & 7**
- **WORKSHEETS 15, 16, 17, 18, 19, 20, 21, 22, 23 & 24**

Workshop Session 4

Recap Session 3 (30 mins)

Spend approximately 30 minutes recapping Session 3 following the same format as before.

Self-Esteem (35 mins)

Inform the group that we are going to look at self-esteem. Ask them if they know what self-esteem is. Flipchart their replies and give your own definition.

If a person has a healthy measure of self-esteem they will think well of themselves and their abilities. They will not expect perfection but will be satisfied with doing their best. They will be confident and feel loved by family and friends.

Show **INFOSHEET 6** and read each statement out loud. Give everyone a few moments to think about them.

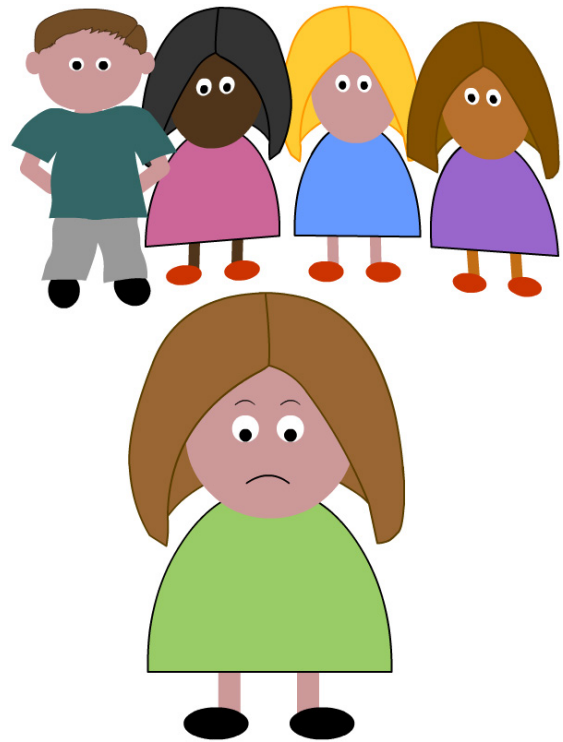
Now give out **WORKSHEET 15**.

Allow 5 minutes for the group to consider these questions and then come together as a group to discuss them. Flipchart the main ideas and issues that arise.

Write up **FLIPCHART 6** and discuss these statements. Explain that these feelings are usually due to messages we receive as we grow up and we may feel that we are not 'good enough'.

We will now look back at the 5 categories that bullies fall into and ask the following questions:

1. Do any of these reasons excuse the bully from taking responsibility for their actions?
2. Do you agree/disagree that these things can contribute towards a bully's behaviour?
3. Who is to blame for a bully behaving the way they do?
4. Can the target ever be held responsible for the bully's behaviour?
5. Do you think that bullies really know what they are doing to their target?
6. Have you ever experienced bullying or have you ever bullied another person?



Remember, some in the group may find the subject of bullying difficult. Make it clear that it is important to discuss the issue, however painful, if we are to find ways of dealing with it effectively.

Cyberbullying

Cyberbullying is probably the more common form of bullying these days. This is bullying via online networking sites, emails, text messaging etc. It also includes bullying which has been filmed on devices and uploaded to the Internet. This is very distressing for the person being bullied as well as the parents and friends of the bullied person.

WORKSHEET 15

Self-Esteem

Having looked at the statements, answer the following:

Activities

1. Are the statements true?
2. Do you believe any of them?
3. Do they make you feel a failure?
4. If you could change anything about yourself, what would you change and why?
5. Would changing yourself make you feel better?
6. Do you value the opinion of others above your own opinion?

WORKSHEET 27-1

Assets and Liabilities

Make a list of your assets (good points) and liabilities (areas to work on). Take a sheet of paper and draw a vertical line down the centre (or use the tables on the next sheet).

Head one column 'assets' and the other column 'liabilities'. List as many of your good points and areas to work on as you can.

You may end up with something like this:

Assets	Liabilities
Generous	Quick temper
Patient	Stubborn
Thoughtful	Act without thinking
Make people laugh	Suspicious
	Poor school grades
	Moody
	Possessive (with friendships)

FLIPCHART 6

Self-Esteem

- Our value as a person is often determined by how successful we are
- We feel we must do everything perfectly and live up to a certain standard
- All of us want to fit in and be accepted by others
- None of us want to be seen as different
- We have a strong desire to conform
- We all want to fit in and be part of the crowd