**Girl Scouts of Western Washington**

**Uniquely Me! Self-Esteem Program Materials**
A Hot Topic Curriculum

Timing: 20 minutes
Learning Objectives: At the end of the session, participants should be able to:
- Describe self esteem and its influences
- Plan Self Esteem dialogue/conversation for girls
- Gain additional resources to take this topic further

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<tr>
<th>TIME</th>
<th>STEPS TO TAKE</th>
<th>RESOURCES</th>
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<td>5 minutes</td>
<td><strong>Lrg. Group Discussion:</strong> Ask participants what they think is the definition of self-esteem. (Dictionary defines it as a realistic respect for or favorable impression of oneself.)</td>
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| 10 minutes| **Distribute Make A Real Promise handout, and have each person make a personal promise she can pledge to continue following the workshop.**  
- Example promises may include:  
  - “I promise to believe in my unique beauty, rather than try to look like the models I see in magazines.”  
  - “I promise to support my friends.”  
- Ask participants to store these in a safe place and look at them 2-3 months later to remind them of this conversation and how it made them feel.  
- Sum up: We have an opportunity to help girls feel beautiful and strong. We can feel better about ourselves when we make a point of helping others feel good too. How can we facilitate this? | Make a Real Promise Handout  |
| 2 minutes | **Girl Scouts USA has partnered with Dove to create some great materials called: uniquely ME! You can order them through the GSUSA website.** They break down into the following age-appropriate program booklets:  
- 8-10-year-olds: uniquely ME! The Way To Be  
- 11-14-year-olds: uniquely ME! Inside & Out  
- 11-14-year-olds: uniquely ME! The Real Deal  
- 14-17-year-olds: Mirror, Mirror: Discover Your Inner Beauty  
- Also, on the back of your Make a Real Promise handout, you’ll find a lot of other resources for planning program activities with your girls to help them strengthen their self-esteem | Other side of handout |
| 3 minutes | **How can you facilitate a conversation with your girls about self-esteem? Are you interested in using the GSUSA materials or would you like to look into some of the other websites?** |                                |
Make a Real Beauty Promise

I promise I’m going to make a difference by…

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________
Self Esteem and Media Literacy resources:
www.campaignforrealbeauty.com
www.self-esteem-nase.org
www.adiosbarbie.com
www.mediawatch.com
www.justthink.org
www.adbusters.org

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<th>UNIQUELY ME! TIPS FOR BUILDING SELF-ESTEEM</th>
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<td>1. Celebrate you! Reward yourself when you have accomplished something! You don't need to wait for others to recognize what you've done.</td>
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<td>2. Surround yourself with positive people. Spend time with people who are upbeat and feel good about themselves. They, in turn, will put a smile on your face and help you feel good about yourself.</td>
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<td>3. Challenge yourself to try new things. Try a ropes course, learn some new dance steps, speak in front of a large group. Stepping outside of your comfort zone to try new things is a great way to grow.</td>
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<td>4. Be good to your body. Exercising, eating well, and getting plenty of sleep will help you move toward a healthier you—inside and out!</td>
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<td>5. Find and express the real you. No other person has the unique combination of qualities that you have! Be proud of yourself and be courageous enough to express your true feelings.</td>
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<td>6. Have a positive mental attitude. A positive attitude is contagious! You'll feel good and people will want to hang out with you.</td>
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<td>7. Learn from your experiences. Learn from your actions—both good and bad, and use the knowledge you gain to make positive decisions in the future.</td>
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<td>8. Find the humor in everyday life. When you can see the funny side of things, you'll be less stressed and more likely to handle tough situations better.</td>
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