Outside Influences on Self-Esteem Test  (+5 points each, 20 pts. total)

Grading Scale:
- 5 clearly explained how, and gave a specific and realistic example.
- 4 vaguely explained how, and/or gave a pretty realistic example.
- 3 didn’t fully explain how, and/or gave a lacking example
- 2 didn’t explain how, or left out an example
- 1 made an incomplete guess

1. Explain how low self-esteem could cause a teen to give into social pressure and make a bad decision regarding drugs or alcohol. (social pressure). Give a true-life example of someone you know or make up a realistic example (don’t use real names) Use the backside if you need more room on any questions.

2. Explain how low self-esteem could cause a teen to hurt his or her own body physically (or allow someone else to cause them physical harm) Give a true-life example of someone you know or make up a realistic example (don’t use real names)

3. Explain how high self-esteem could cause a teen to get good grades and mentally be learning a lot in their classes and enjoying school. Give a true-life example of someone you know or make up a realistic example (don’t use real names)

4. Explain how low self-esteem could cause a teen to have an emotional or spiritual breakdown and become depressed. Give a true-life example of someone you know or make up a realistic example (no real names)

TOTAL SCORE. Teacher comments:
Write in the answers after discussing this with your table partner:

1. Sharon is a 9th grade girl who has low self-esteem. She constantly compares herself to other girls and never feels like she looks as good or that she is as smart.
   - Does this really happen to teens and why?
   - How can this eventually cause Sharon to become depressed?
   - What do you recommend that Sharon should do to raise her self esteem or get help?

2. Junior is a 9th grade boy who has low self-esteem. He isn’t confident in himself but he wants to fit in with the “cool” crowd so bad. The “cool” crowd is starting to pressure him to drink alcohol.
   - What could happen?
3. Justine is a teen who has low self-esteem. She blames her dad because he always told her she was stupid and not pretty. The boy she is dating has started to slap and hit her when he’s mad.

- Is there a chance she might not feel confident to stick up for herself? Why or why not?

- Do you think teenage girls who have low self-esteem are more at risk for someone to cause them physical harm? Why or why not?

- What advice do you have for Justine?