Name:_____   Per:_____

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

<u>Grading Scale</u>:   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 <u>low</u> 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 <u>low</u> 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 <u>high</u> 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 <u>low</u> 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)

20- A	14-C-
19- A	13-D
18- A-	12-D_
17-B	11-F
16-B	10-F
15-C	

TOTAL SCORE. **Teacher comments**:

Name:_____   Per:_____
Name:_____   Per:_____
Name:_____   Per:_____

<u>Write in the answers after discussing this with your table partner:</u>

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?

- Do you think this happens to teens with low self-esteem, and if yes, why?

- What self-esteem tip would you give to Junior.

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?