

How Do People See Me and What Do They Think of Me?

Over the next few pages, there are some activities which will support young people to think about how they perceive themselves and how they feel they are perceived by others.

Often, young people who are having a difficult time (or those with generally low self-esteem) may think about themselves negatively and are more likely to think that others see them negatively, which in turn only makes them feel worse.

This resource is an opportunity to discuss what young people think about themselves and then talk them through.

Ask the students:

- Why do you think people would say this about you? Do you feel that it's true?
- Would you like to change any behaviours or feelings you have towards yourself?
- What can we do to change that behaviour, to help you feel more positive?
- If we changed these things, how do you think people would see and think about you then?

If a young person is really struggling to believe that anyone could see or think something positive about themselves, ask a close friend/parent/carer/teacher to complete the statements to highlight their positive qualities.

Please circle or tick the statements you think about yourself.

I am a good person.

I struggle to control my feelings.

I don't always try my best.

I believe rules are there to be followed.

Sometimes, I avoid difficult situations.

I am loyal and honest with people.

I know I can try harder at school.

I sometimes let people down.

I am brave and will take calculated risks.

I can break people's trust.

I do what I believe is right.

I sometimes let myself down.

I know where I am going and what I want to be.

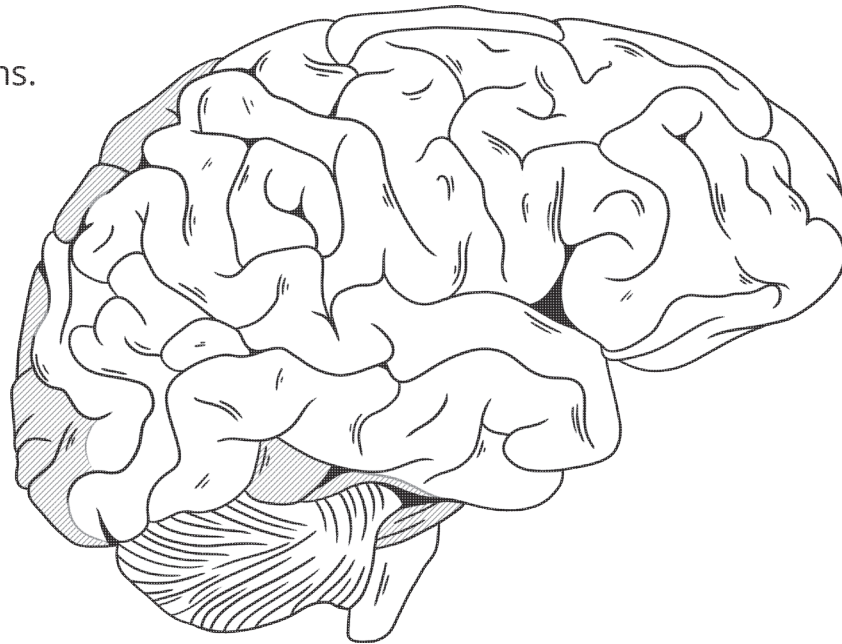
I don't know what I want to be in the future.

I don't stop to think about the consequences of my actions.

I cope well with my emotions.

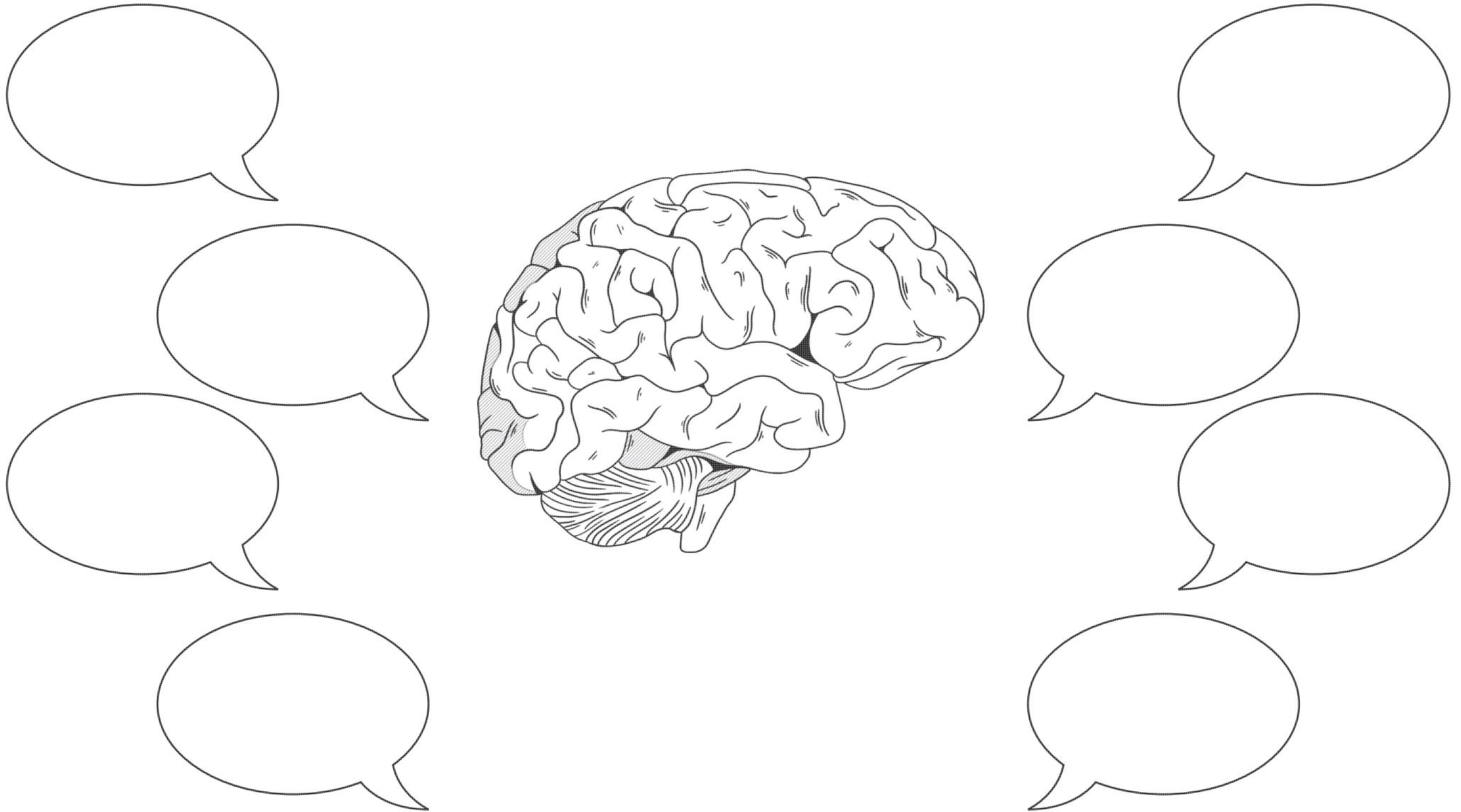
I give up in case I fail.

I work hard to achieve my full potential.



Now, let's think about what your friends might say about you.

You can use some ideas from the previous activity but try to think of your own as well.



Finally, let's think about what you think your teachers might say about you.

