

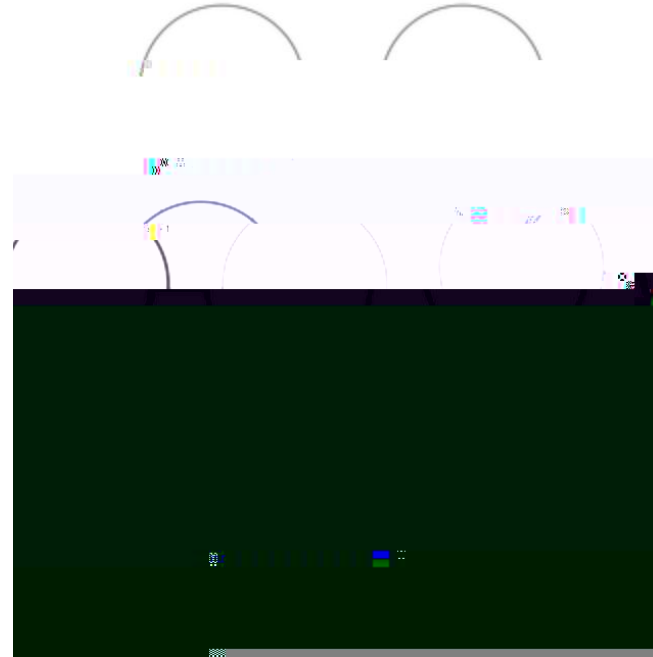
Decision Making, Choices, and Body Image

Understanding how to be positive and informed about ourselves and others



1) Write your name in the middle circle.

The Art of
You: We
are All
Unique



Essential Question



How can I have a positive self-image?

How can I be inclusive of others and their differences?

If you need resources or support for your sexual health...

Talk to a parent/guardian or other trusted adult

Call 2-1-1

Visit 211sandiego.org

Learning Intentions

I can honor the things that make me who I am and what makes others who they are.

I can understand what influences me as I grow up and the impacts on my sexual health.

I can identify ways to have a positive self-image while making healthy decisions.



Teaching Agreement

It's important to know that. . .

1. I am a mandated reporter, which means I'm required to report suspected abuse or neglect.
2. We will be examining sexual hV t

What makes me. . . me?

What is Identity?



Identity is the qualities, beliefs, personality traits, appearance, and/or expressions that characterize a person or a group.

We begin to understand our identity during childhood and start to have what is called a self-image (sometimes called self-concept).

As you grow up, you may discover and learn things about yourself that shape your identity as a person.



Know Your Terms

Disability A condition that interferes with a person's ability to do certain things

Gender Refers to a person's biological sex, male (XX chromosomes), and female (XY chromosomes)

Gender Identity A person's internal sense of being male, female, a combination of male and female, or neither male nor female

Gender Expression The way people convey their gender through mannerisms, behaviors, or expressions

Nationality Membership in a

How can I be respectful of other people's identities?

Making Others Feel Welcome



The way each of us identifies is extremely important and personal.

Part of being inclusive while at Cajon Valley, and in the future, is to recognize and respect diversity, to make sure we include everyone.

No one should ever to be made to feel unsafe, uncomfortable, or excluded because of their:

- Disability
- Gender
- Gender identity
- Gender expression
- Nationality
- Race or ethnicity
- Religion
- Sexual orientation



Ways to Show You Can Be Inclusive

What are some ways to have a positive self-image?

What Does It Mean to Have a Positive Self-Image?



When a person has a positive self-image, they . . .

Feel good when they think about themselves.

Understand that during puberty, everyone develops at different rates and in different ways.

Are proud of their identity.

Don't base their opinion of themselves on negative comparisons with others.

Don't let others pressure them into actions that don't feel right for them.

Rely on a growth mindset and see mistakes as opportunities for learning, rather than failure.

Practice self-acceptance and extend that same kindness to others.

Understanding Influences on our Self-Image

Media



The diagram consists of a 2x3 grid of colored rectangles. The top row contains three rectangles: light pink, light blue, and light red. The bottom row contains three rectangles: light purple, light green, and light yellow. The word 'Media' is written in the top-left rectangle.



What are some facts about teens and negative self-image?

When you have a negative self-image you are more likely to:

Want to skip activities you normally might enjoy.

Experience depression .

Take part in sexual activities you might regret later.

Use risky supplements and even steroids to unhealthily try to build muscle.

Engage in negative activities like cutting, bullying, smoking, or drinking.

Develop eating disorders.



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Best Practices for Having a Positive Self Image

Be aware that people in the media are often trying to sell a product to you and may try to use our **feelings about our self-image** to encourage you to spend money on their products.

Remember that your body, your heart, and your mind are unique and amazing.



Best Practices for Having a Positive Self Image

Identify **positive adult role models** you can learn from.

Take time to **celebrate and reflect on your successes** (both in and out of school).

Look at challenges as **opportunities to learn** important life lessons that will help you grow up to be a successful adult.

Speak kindly and encouragingly to yourself (the way you would to a friend).

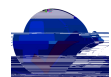
Understand that images you see in **photos and videos are often manipulated** to create a certain impression that may not reflect how a person appears in real life.

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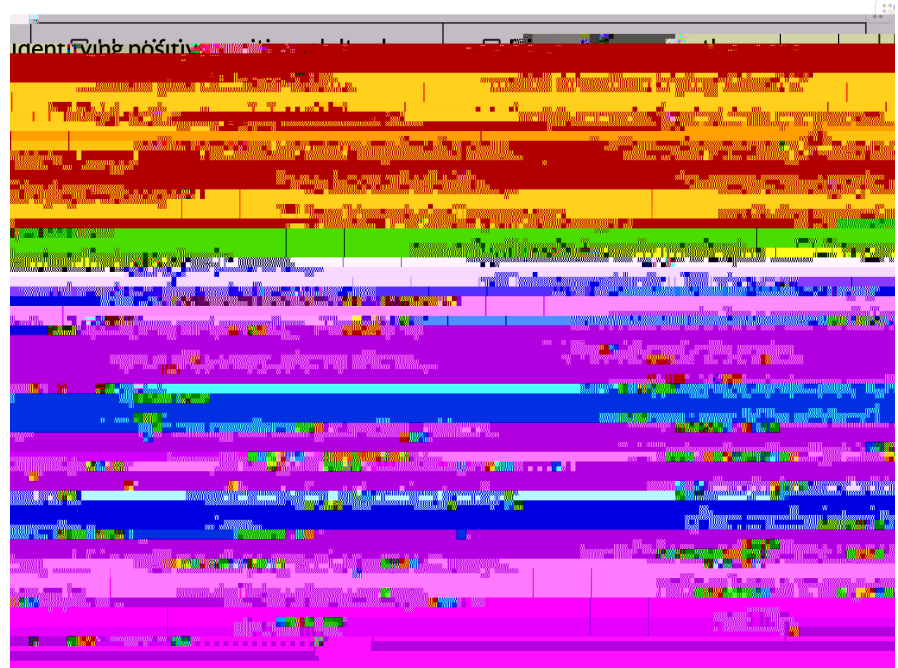
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Best
Practices
for a
Positive
Self-Image

Place a checkmark ()
next to each one you feel
you are good at, and a (+)
next to each one you'd
like to get better at.



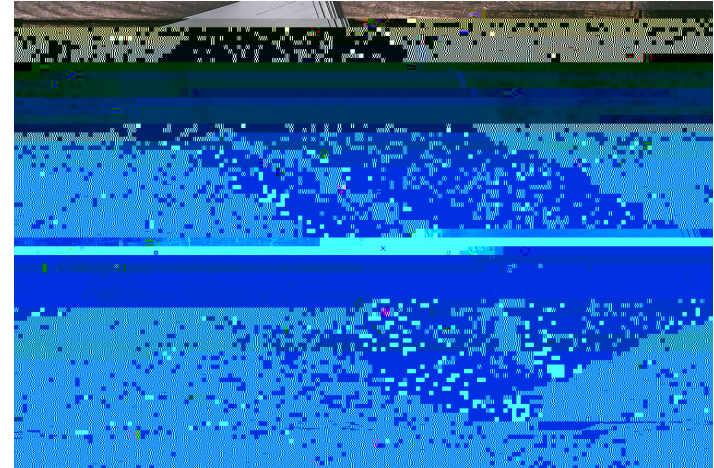


Exit Slip



Exit Slip

Write a positive,
encouraging note to
yourself that you can look
at each day
Be sure to place it
somewhere you will see it
and be inspired (such as
your mirror, locker, or on
your folder)



At Home Connection



With a parent/guardian or other trusted adult:

Option 1: Ask them to share ways to have a positive self-image.

Option 2: Ask them about messages they received growing up that affected their self-image and how they think about them now as an adult.

Option 3: Review images in the media/social media to discuss the messages they're sending to young people about their bodies or identity.

Sources



[Talk to Your Kids About Sex and Healthy Relationships - MyHealthfinder | health.gov](#)

[Sex, Gender, and Sexuality | National Institutes of Health \(NIH\)](#)

[Self-Esteem and Media Influences - Yes](#)