Self Esteem and Identity in the Digital Age


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Suitable for:

Health and Welfare

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Introduction

Self esteem is the collection of beliefs or feelings that we have about ourselves, or our self perceptions. How we define ourselves has a huge influence over our attitudes, behaviours, what motivates us and can effect our emotions.

A healthy self esteem and how we feel about ourselves can influence how we live our lives. People who feel that they are likable and loveable have better relationships. Self esteem is important; those with a positive self esteem are more likely to ask for help and support from others, they are also more likely to accomplish their goals, solve problems and therefore do well in school.

Program Timeline

00:00:00 Introduction
00:01:04 Chapter 1 – Developing identity and self esteem
00:05:32 Summary – Developing identity and self esteem
00:06:16 Chapter 2 – Expressing independence
00:10:47 Summary – Expressing independence
00:11:23 Chapter 3 – Positive and negative self esteem
00:14:34 Summary – Positive and negative self esteem
00:15:14 Chapter 4 – Media in the digital age
00:19:42 Summary – Positive and negative self esteem
00:20:25 Chapter 5 – Building self esteem
00:24:40 Summary – Positive and negative self esteem
00:25:22 Conclusion
00:25:59 Credits

Website Reference


Other Relevant Programs available from VEA

- Getting to Know Me – All About Personal Identity
- Personal Identity – Tattoos, Body Piercing, Art, Culture and Self Expression

Please visit our website for more relevant programs www.vea video.com

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Student Worksheet:

Before Viewing the Program

1. Define the following terms:
   a) self esteem
   b) self confidence
   c) independence
   d) identity
   e) beliefs
   f) goals
   g) body image
   h) digital age

2. Who are you? This activity is to help explain who you are. It could be used as an introduction to someone new.
   a) Draw a diagram of your body.
   b) On the diagram of your body write as many things about yourself (at least 15), that you would like to share with someone else.
      You could include things such as:
      - name
      - age
      - sex
      - year level
      - where you live
      - favourite colour
      - favourite book
      - the football team that you support

3. Collect 10 images from popular magazines that show either women or men. Glue each of these images on a large piece of paper in order to make a collage.

4. Complete the following questions looking at your collage:
   a) What image does the media portray about male bodies?
   b) What image does the media portray about female bodies?
   c) Explain how these images can affect our self esteem.
   d) Outline how you think images are altered to improve body shape, facial features and the overall appearance of the people on your collage.

5. Look at these websites and see how an image is digitally enhanced.
   - http://www.youtube.com/watch?v=iYhCn0jf46U
   - http://www.youtube.com/watch?v=5g0cAsWlcnv&mode=related&search

Should we really believe the images that we see?
While Viewing the Program

1. Complete the missing word: Human beings need a sense of ____________________

2. List the influences on our self esteem.
   ____________________
   ____________________
   ____________________
   ____________________
   ____________________

3. Explain the term identity.
   ____________________
   ____________________
   ____________________
   ____________________
   ____________________

4. True or False: Some adolescents struggle to identify themselves. ____________________

5. List the five key influences on self esteem.
   ____________________
   ____________________
   ____________________
   ____________________
   ____________________

6. Complete: The approval of friends is ____________________ . This boosts our self esteem.

7. List two ways the media influences our self esteem.
   ____________________
   ____________________
8. Complete the table below to compare and contrast global self esteem and specific self esteem.

<table>
<thead>
<tr>
<th>Global Self Esteem</th>
<th>Specific Self Esteem</th>
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9. Explain why attachment to an adult is so important.

__________________________________________________________________________

__________________________________________________________________________

10. Why do adolescents have disagreements with their parents?

__________________________________________________________________________

__________________________________________________________________________

11. List three important risk taking activities.

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

12. List three negative risk taking activities.

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

13. State five safe ways to express your independence.

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________
14. Outline the meaning of self awareness.

__________________________________________________________________________

__________________________________________________________________________

15. Provide two facts about positive self esteem and two facts about negative self esteem. Use the table below to display your answers.

<table>
<thead>
<tr>
<th>Positive Self Esteem</th>
<th>Negative Self Esteem</th>
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16. Self talk is ________________________________ .

17. How are media images changed?

__________________________________________________________________________

__________________________________________________________________________

18. Are models real? Yes or No ________________________________ .

19. Make a list of body parts that are digitally altered.

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

20. Can we ever look like models on magazine covers? Why/why not?

__________________________________________________________________________

__________________________________________________________________________

21. What is a virtual meeting place?

__________________________________________________________________________
22. How does the internet promote independence?

23. Sunshine and exercise are important. Why?
After Viewing the Program

1. Self esteem is the opinion that you have of yourself. We all sometimes need to improve our self esteem.

   Have you ever said “I’m fat?”, “My hair is too curly, short, long?” or “I hate my nose”. Most of us will have negative thoughts at one time or another.

   There are a number of ways that we can improve our self esteem these include:

   a) Concentrating on the abilities or features of you that are great. We all have many very positive skills, be sure to remember these and try to forget about the negatives.

   b) Only associating with people who like you for who you are. People who care about us don’t care if we have a ‘big nose, curly hair, mole on our ear’.

   c) Be proud of all of your achievements – even if it was 10th in the swimming sports!

2. Complete the table below.

<table>
<thead>
<tr>
<th>List the things that make you happy.</th>
<th>List the things that can boost your self esteem</th>
</tr>
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<tbody>
<tr>
<td>What gives you confidence?</td>
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<td>Which people are the most important influence on you self esteem?</td>
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<td></td>
<td>My skills and abilities include:</td>
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</tbody>
</table>
3. What is the campaign for real beauty? Visit the web site below and outline the aim of this campaign.


4. From the websites below, read the articles, then answer the questions.


a) Do a web search and find out how many other tales or stories of changed images can you find.

b) Why do media outlets, TV and magazines for example change images?

c) Are any of the images that you see in the media really ‘real’? Explain your response.

d) Suggest ways in which the media could portray ‘real’ people.


e) Self esteem can be both positive and negative. State whether each of the people in the case study have negative self esteem or positive self esteem. What factors have led you to this conclusion?

f) Explain the term identity. Outline how each of the people in the case studies above identifies themselves.

g) We all experience problems with our self esteem. Develop a list of 10 guidelines to show how someone can improve their self esteem. The first one has been provided for you.

• Try to stop thinking negative thoughts about yourself.
5. Read the information below about eating disorders, and use it, and any other relevant information, to circle the correct response to each of the statements.

There are many influences on the lives of adolescents, the development of a body image and accepting that image is a major challenge for many adolescents. It is the inability of many adolescents to accept their body image that can lead to an eating disorder. An eating disorder is a complex problem for the suffering individual. There are a number of factors that may contribute to a person developing an eating disorder, these include; cultural factors, family factors, biological factors and individual factors.

- a) Anorexia is the fear of gaining weight.  
- b) Anorexics eat food in huge quantities.  
- c) Anorexia affects both males and females.  
- d) A preoccupation with body image can result in anorexia.  
- e) A physical consequence of anorexia is weight gain.  
- f) Everybody has a different body shape.  
- g) If an individual refuses to maintain a healthy weight this can be a sign of anorexia.  
- h) A physical change of someone suffering from an eating disorder can be stopping of the menstrual cycle.  
- i) Bulimics purge the food that they have eaten.  
- j) Bulimics do not eat frequently.  
- k) Most bulimics are extremely skinny.  
- l) It is possible for a perfectly normal teenager to become Bulimic.  
- m) Beauty comes in all shapes and sizes.  
- n) Obesity is not an eating disorder.  
- o) To be obese an individual is outside of the healthy weight and height range.