**Secondary Guidance Lesson** 

*Self-Image*

**Objective:** To identify tips in promoting a healthy self-image.

**Video**: <https://youtu.be/j5n4epsWb3E>

**Activity**

*●* Show video: 3 minutes

* Activity Introduction: An affirmation is anything you say or think about yourself. All of our self-talk, both negative and positive, are affirmations. If your brain is used to thinking negative things about yourself, you can retrain your brain to think more positively through practicing positive affirmations.
* Activity: Encourage students to identify ten positive affirmations for themselves. They can create their own or they can look up affirmations that they like from existing lists. Remember to keep your affirmations positive and in the present tense. For example: “I am a good friend.”

Lists of affirmations below:

<https://7mindsets.com/affirmations-for-students/>

<https://www.innerrainbowproject.com/108-positive-affirmations-empower-girls/>

<https://blog.mindvalley.com/affirmations-for-teens/>

**Follow-up/Closing:** As stated in the video, with so many messages telling us how we should be and how we should see ourselves, it can be hard to distinguish what is true. That’s why this conversation is so important. We hope that through paying attention to your negative self-talk and replacing negative messages with positive ones, you can develop and maintain a healthy self-image and self-esteem.