

Self-Acceptance, Self-Reflection & Respect

Previously Self-Confidence & Consent

This Unit Teaches Students Skill for:

- Changing unhelpful thoughts
- Self-reflection
- Understanding the value of accepting emotions
- Practising a growth mindset
- Analysing societal body image norms
- Mitigating the impacts of social media
- Speaking honestly with peers

This Unit is Helpful for Students who:

- Experience self-doubt
- Struggle to accept their emotions
- Are impacted by body image norms
- Use social media platforms
- Struggle to express their honest opinions
- Struggle to uphold the boundaries of others

LESSON OVERVIEW:

LESSON 1: Self-Criticism (36 min)

Self-Awareness

Understand that it is common to experience self-doubt and self-criticism, and practise the skill of noticing internal and external sources of pressure.

LESSON 2: Acceptance of Feelings (35 min)

Self-Awareness

Understand the benefits of accepting my true feelings, and practise the skill of critically analysing the process of emotional acceptance.

LESSON 3: Past Challenges (28 min)

Self-Management

Understand that working through challenges helps in future situations, and practise the skill of implementing a growth mindset to continue to learn and grow from past experiences.

LESSON 4: Body Image & Self-Esteem (38 min)

Social Awareness

Understand that the expectations of others directly impact one's body image, and practise the skill of critically analysing the relationship between self-esteem and societal pressures.

LESSON 5: Consent & Boundary-Setting (30 min)

Relationship Skills

Understand the importance of setting boundaries regarding consent, and practise the skill of expressing emotions and speaking up about issues of consent with peers.