

CAREGIVER RESOURCES

SELF-IMAGE & SOCIAL MEDIA



Scan me!

YOUR CHILD IS LEARNING

- Understanding patterns of reaction
- Responding vs. reacting
- Counteracting medial messaging
- Creating healthy boundaries with social media
- Break down harmful stereotypes
- Building positive self-esteem
- Creating a self-care plan
- Analysing low self-image

DID YOU KNOW?

Your child is learning about self-esteem.

Your child's self-esteem is built simultaneously along with their self-image. But, how can we help our children build a positive self-esteem and self-image? By encouraging your child to finish tasks on their own, supporting their interests, helping them set and achieve goals, allowing them to discover their strengths, and providing opportunities for them to explore and accept their unique individuality.

FIVE TIPS TO REINFORCE THIS LEARNING (FOR STUDENTS)

1	2	3	4	5
<p>Journal Entry: What is a damaging pattern that you have when things are hard? How are you going to break it?</p>	<p>The Image Gap is the difference between how you see yourself compared to how you wish you could be.</p> <p>Discuss with your family why the image gap is so harmful</p>	<p>Journal Entry: Brainstorm a list of at least 10 qualities you LOVE about YOURSELF! (E.g., I am smart, I am kind, I work hard at my goals).</p>	<p>Social media Self-reflection: What things on social media positively impact your self-esteem? What things on social media negatively impact your self-esteem?</p>	<p>Journal Entry: What steps can you take to help yourself develop a more positive self-image and self-esteem?</p>