

# Tulare County Office of Education | CHOICES TUPE Newsletter

GRADES 5-12 | ISSUE 1: MAY 7, 2020

## Self-Image and Self-Improvement:

The *CHOICES TUPE* program helps students discover and maintain resources so they can successfully transition through important life milestones. The first unit starts with the foundational element: self-image, or how we see ourselves. Developing a strong and healthy self-image has a positive effect on how we act and feel.



### What is Self-Image?

Self-image is the belief, attitude, or mental picture we have of ourselves.

### How is Self-Image formed?

Self-image is formed through our past experiences – our wins and losses. It can also be influenced by what others think of us.



### How does Self-Image affect our behavior?

We tend to act like the person we believe ourselves to be. For example, if we see ourselves as a bad athlete, we will tend to perform poorly in sports.

Self-image is also important because it affects how good we feel about ourselves. People who feel good about themselves are more confident, satisfied, successful, do better in school, and attract friends more than people who have a negative self-image. People who have a positive self-image are less likely to smoke, drink, use drugs, and engage in other unhealthy activities.



# Self-Image Improvement

We can develop a positive self-image by focusing on what we can do (our strengths) and practice how to handle more challenging situations (improve on our weaknesses).

## How to Set Goals:

- Pick a goal that is realistic.
- Pick a goal that is manageable. Ask yourself: can I break this down into several short-term steps?
- Pick a goal that is measurable.
- Pick something that is meaningful to you.

## Tips for Achieving Your Goals:

- Have a positive attitude.
- Know it's OK to make mistakes.
- If you don't reach a goal, don't think of it as a failure – try again!
- Praise yourself for ANY progress that you make toward achieving your goal.
- Identify any areas that need further improvement.

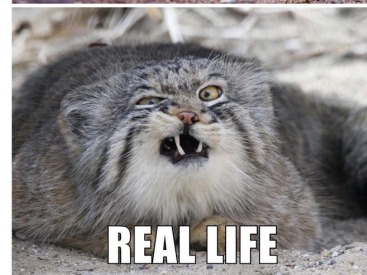


We should try not to let one or two negative experiences define who we are. For example, if we do poorly in a sport, we should not think of ourselves as a bad athlete. Instead, we should think about why we didn't do well and ask how we can improve – this usually means devoting more practice to the sport.



### Social Media Tip of the Week:

Remember as you are scrolling through your friend's, influencer's, or stranger's profile, they're only posting what they want you to see. Try not to compare your life to one picture. Chances are this is not their everyday reality.



## Resources:

Botvin, G.J., Ph.D., (2019). *LifeSkills training: Self-Image and self-improvements*. Princeton Health Press

Additional video resources:

[https://www.youtube.com/watch?v=XOefJFb0\\_T8](https://www.youtube.com/watch?v=XOefJFb0_T8)

[https://www.youtube.com/watch?v=l\\_NYrWqUR40](https://www.youtube.com/watch?v=l_NYrWqUR40)

*"Talk to yourself like you would to someone you love." Brene Brown*



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