



# LIVE GOLDEN ON SELF ESTEEM

IN THIS VIDEO TEENS DISCUSS THE STRUGGLE TO MAINTAIN A HEALTHY LEVEL OF SELF-ESTEEM. THEY INTERVIEW STUDENTS AND PROFESSIONALS TO SEE HOW WE CAN INCREASE AND MAINTAIN A HEALTHY LEVEL OF SELF-ESTEEM. IN THE INTERVIEWS, THEY PINPOINT HOW SOCIAL MEDIA LARGELY INFLUENCES THE WAY TEENS VIEW THEMSELVES, LENDING TO DEPRESSION AND ANXIETY. THEY BELIEVE IT IS IMPORTANT TO SURROUND OURSELVES WITH PEOPLE THAT UPLIFT AND ENCOURAGE. THE SEGMENT INCLUDES A CAREFUL REMINDER FOR TEENS TO BE RESPECTFUL WHILE ONLINE.

## **Live Golden Class Discussion Outline:**

1. Watch Video as a class.
2. Ask Class Discussion Questions.
3. Utilize Civil Discussion practices in class conversation.
  - a. One person speaks at a time.
  - b. Practice kindness, empathy, respect, and civility.
  - c. Don't say anything you wouldn't want said to you.
4. Re-cap student comments and create your own class Live Golden resolve.

## **Class Discussion Questions:**

- o How does self-esteem influence our interactions?
- o In what ways do teens struggle with self-esteem?
- o How can self-esteem be improved by living the Golden Rule?

## **Live Golden Resolve:**

As a result of this Live Golden discussion, our class will strive to:

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