



10-14s meet real life head on

GB@home



## Switch on: the real life of 10-14s

The teenage years can be challenging for young people as they start exploring who they are. But they're also of an age when they start noticing peers who struggle with issues related to self-esteem. As GB leaders and parents you can help the young people to support one another by being good friends. By showing their inner beauty in this way, they can help raise other people's self-esteem.

## Rewind: Perfection

Search the internet for 'airbrushed photos before and after'. Share the pictures with your 10-14 and ask them to comment on their initial reactions. Explain that most of the photos/images they see in magazines, on album covers and in advertisements will have been digitally enhanced in some way.

Airbrushing can completely alter the way a person looks. It can make people look fatter or thinner; it can change their skin tone or the colour of their hair/eyes/clothes etc. It has the ability to create a 'perfect' look; even though the fact is that every single human being has some sort of blemish. There's no such thing as the perfect figure or perfect skin. Flawless usually means it's fake.

Discuss with your 10-14 how these images have made them feel.

## Play: Positivity

On a sheet of A4 paper your 10-14 should write their name at the top and write 10 positive things about themselves. Ask them to keep hold of their personal list of positive things and put it somewhere safe.

On a second sheet of paper they should write the name of another person, such as a friend or family member, and write 10 positive things about them.

Ask them whether it was easier to write positive things about themselves or their friend/family member. What were the reasons for their answers?

Encourage them to share what they've written about their friend/family member with the person concerned. Explain that being a good friend to someone means encouraging and supporting them.

## Fast forward: Helping Others

Get them to create a poster that could be used to encourage someone who is struggling with their self-esteem and confidence. For example talking to their friends – people need to know it's ok to share their feelings and worries – or encouraging them to get involved with an activity/sport which they can feel confident in.

They could also go online and look at the websites of organisations who help people struggling with self-esteem issues.

These thoughts and the research could be made into an information booklet or poster that could be pinned on the noticeboard for people to refer to.

## Pause: Praying it through

Set up a prayer station with a mirror, Bibles, pens and sticky notes. Get each of the young people to find an encouraging verse in the Bible, write it on the sticky note and then place it around the mirror to help them see themselves as God sees them.

Pray for people struggling with low self-esteem but also for the members of your group – that they may realise God loves them and they were created in His image.

## Switch off: Connect

Challenge your 10-14 to put their research and thoughts into practice if someone in their group or one of their friends is struggling with low self-esteem.