## Resource: 4.b-1

## TEACHER BACKGROUND INFORMATION SELF-CONCEPT: SELF-ESTEEM AND SELF-IMAGE

Self-concept is a combination of two major components—self-esteem and self-image. Self-esteem is the way we think or feel about ourselves, and self-image is the way we perceive ourselves physically. Both components are very important factors in forming our total self-concept.

Establish the following vocabulary terms with the students:

**Self-Concept:** The way you perceive yourself; the whole picture;

changes slowly.

Self-Esteem: The way you think or feel about yourself;

fluctuates moment to moment.

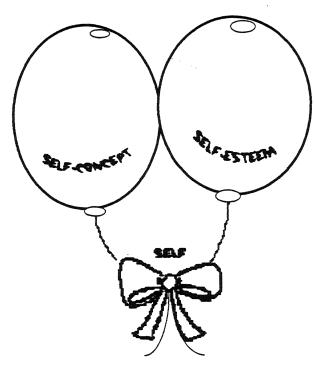
**High Self-Esteem:** Feeling positively about yourself, your actions and

your future.

Low Self-Esteem: Feeling negatively about yourself, your actions and

your future.

The teacher can use the following graphic to illustrate self-concept and its components, self-esteem and self-image. It could be enlarged and put on an overhead transparency if desired.



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