

**TEACHER BACKGROUND INFORMATION  
SELF-ESTEEM ROLLER COASTER****UPS**

Peer relationships that can move you up or down:

Gaining new friends  
Receiving compliments  
Being accepted  
Enjoying time together  
Understanding your feelings  
Helping maintain your values

**DOWNS****Peer Relationships**

Fighting with friends  
Feeling betrayed by friends  
Hearing rude comments  
Being left out  
Negative peer pressure  
Losing a friend

**Family Situations**

Family situations that can cause, add to, or detract from self-esteem:

Praise for work done	High level of fighting or arguing at home
Positive communication	Separation, talk of divorce
Trusting actions	Divorce of parents
Receiving/giving help with problems	Changes in parents' occupation; layoffs
Promotions with added responsibilities	Starting personal business
Support when needed	Parent(s) have negative experience at work
Encouragement	Moving to a new location
Listening	Adding a family member

**Personal Accomplishments**

Personal accomplishments that can add to or detract from self-esteem:

Achieving goals	Procrastinating
Raising grades	Falling grades
Doing your best on a project	Giving minimum effort on a project
Learning new skills	Watching TV all the time and being bored

**Acting Against Personal Values or Beliefs**

When you act against your personal values, you naturally have feelings of guilt and your self-esteem drops. Moving back within your personal value system will raise your self-esteem. Some actions that foster or lower self-esteem are:

Making up with a friend after a fight	Lying to a friend or parent
Working hard for a good grade	Giving in to peer pressure to smoke, use drugs, have sex, etc.
Moving towards your value system	Cheating
Setting and accomplishing goals, no matter how small	Stealing
Caring about other people	Spreading rumors about a friend, etc.
Giving yourself credit for your positive qualities	Wasting time