

How Do People See Me and What Do They Think of Me?

Over the next few pages, there are a number of resources which will support a young person to help them think about how they are perceived by others.

Often, young people who are having a difficult time (or those with generally low self-esteem) may think that others see them negatively, which only makes them feel worse and worry more. This resource is an opportunity for you to discuss which of these things they think are true about them and then talk through why they think this is the case.

Ask the young person:

- Why do you think people would say this about you? Do you feel that is true?
- What can we do to change that behaviour and make it positive?
- If we changed these things, how do you think people would see and think about you then?

If a young person is really struggling to believe that anyone could see or think something positive about them, ask a close friend/parent/carer/teacher to complete the statements to show the young person their positive qualities.

Please circle or tick the statements you think about yourself.

I am kind.

I am clever.

I am helpful.

I don't always listen.

I don't always say how I feel.

I have lots of friends.

I sometimes cause trouble.

I follow the rules.

I am sometimes angry.

I am good at sport.

I can be trusted.

I sometimes copy what others do.

I am good fun to be with.

I know what I want to do.

I am hardworking.

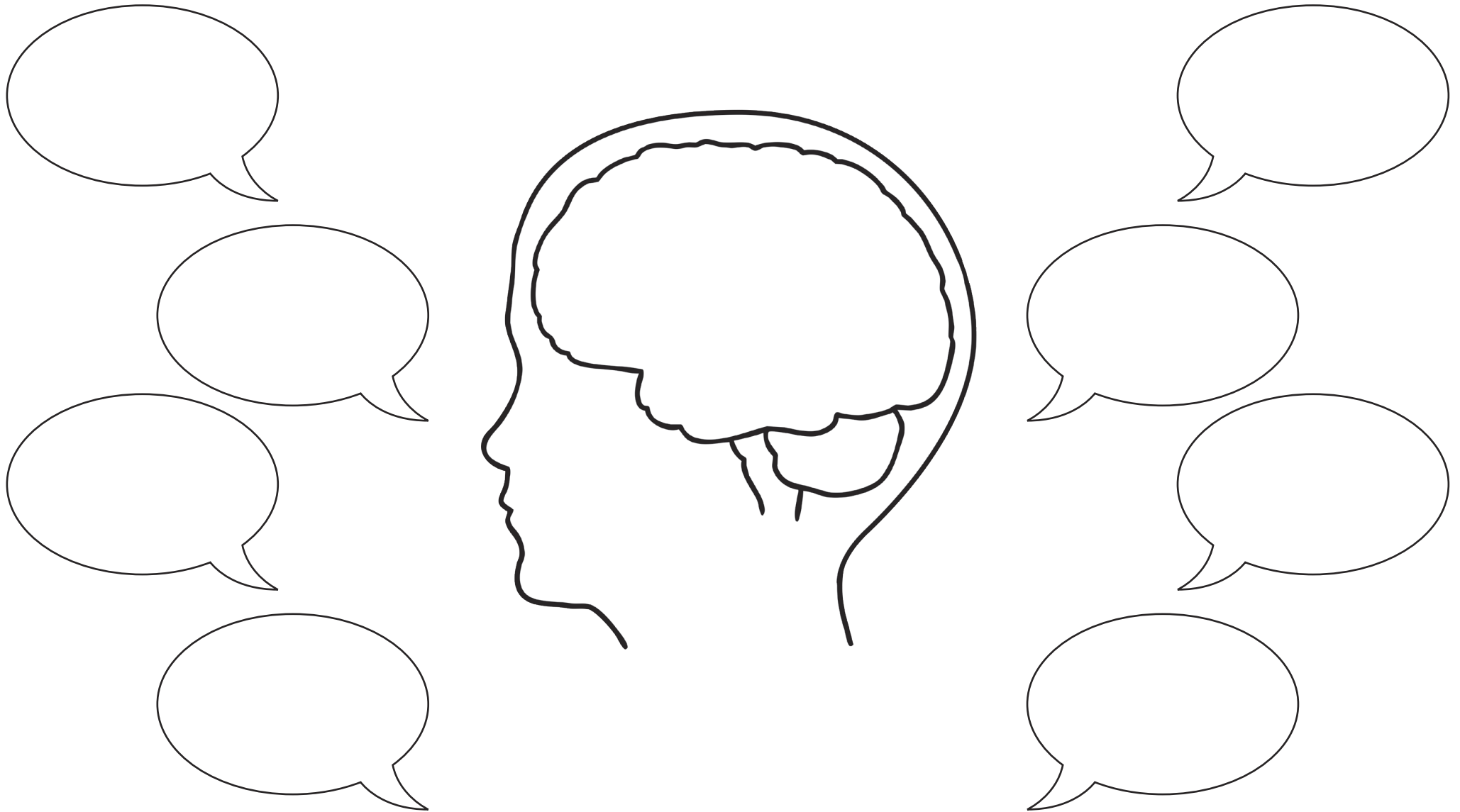
I am cool.

I sometimes get others into trouble.

Sometimes, I don't care about my education.



Now, let's think about what your friends might say about you. You can use some ideas from the previous activity, but try to think of your own as well.



Finally, let's think about what you think your teachers might say about you.

