

# SELF-CONFIDENCE HOTLINE



## Learning Objectives:

The Aaron Judge ALL RISE Foundation believes that confident people do better in school, find it easier to form relationships, have more control over their lives, and enjoy life more.

At the end of this lesson, students will be able to:

- Identify ways to improve self-confidence
- Demonstrate the ability to practice health-enhancing behaviors

## Lesson Plan:

1. Show your students examples of advice columns from the Internet, magazines, or newspapers.
2. Pass out the "Self-Confidence Hotline" handout.
3. Tell your students they are now volunteers at the ALL RISE Self-Confidence Hotline. They will work in small groups to give advice to some callers in hopes of boosting their self-confidence, self-esteem, and mindset.

## Lesson Debrief Questions:

1. How can having high self-confidence affect your life?
2. How can having low self-confidence affect your life?
3. How can family, friends, classmates, and teachers influence a person's self-esteem?
4. True or false: Helping other people can help you boost your own self-esteem.

## Call 1:

*"No matter what I do, I don't look like the girls on social media. I'm short, I'm chubby and my mom won't let me wear makeup or dye my hair. I wish I could look as pretty as the models on TikTok or IG. Any advice on how I can feel better about myself?"*

*-Shorty on IG*

Dear Shorty on IG,

Dear Bad at Baseball,

## Call 2:

*"I tried out for the baseball team for the past 2 years and was cut both times. All my friends are on the team. I used to think I was good at baseball, but I guess I really stink. Maybe I should just forget about sports."*

*-Bad at Baseball*

## Call 3:

*"My one and only friend moved to another school, so now I don't have any friends. I don't feel like I belong at school. I don't want to go to school anymore, but my parents force me to go. What should I do?"*

*-Stuck in School*

Dear Stuck in School,

