

Weller Health Education Center

Team Self-Esteem

Healthy Relationships series
45 minute, outreach program
Grades 3 - 5

Course Description

This self-esteem program explores what it means to be the target of a bully and empowers students to overcome adversity. Through interactive activities students will learn to develop and maintain a positive self-image.

Objectives

1. Define what a target is.
2. Define the term self-esteem.
3. List three things that increase self-esteem.

The **Healthy Relationships** series also includes these outreach programs:

Buster's Barnyard Buddies, grades Pre-K – 1
Bully Busters, grades 1 – 3
Mean Streets, grades 5 – 6
Relationship Building Blocks, grade 6
Big Changes, Big Choices, grades 6 – 8
Trading Places, grades 6 – 8
Relationship Know How's, grade 7
Relationship Risks, grade 8
Who Do You Trust?, grades 8 – 12
Relationship Respect, grade 9
Toxic Relationships, grades 9 – 12