

promoting **SELF-ESTEEM**

DIRECTIONS: For each of the following scenarios, you are responsible for helping the person in each scenario feel better about him/herself. Use personal experiences and techniques that have worked for you in the past to design an age-appropriate approach.

SCENARIO 1: Your younger sister with Down Syndrome has just started middle school. You know how hard she has worked to get there and you are very proud of her. Unfortunately, some of her classmates find it amusing to pick on her and say extremely unkind things. What can you do to encourage and support your sister?

SCENARIO 2: A good friend of yours has tried to be accepted by others throughout high school, but he just doesn't fit in with "the crowd." Lately, you notice that he has been coming to school smelling of alcohol. You think this is his way of fitting in, or avoiding life altogether. You are truly concerned, not only about his self-esteem, but also his potential drinking problem. What can you do?
