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## Adolescent Health Daily Outline

Lesson 3/Day 3:

### **Lesson Summary**

Students learn about how self-esteem impacts mental health and the types of negative thought patterns. Through case scenarios, students will learn how to reframe these negative thought patterns into a more positive light when faced with emotionally taxing situations. They identify their personal positive character traits and different approaches to dealing with any negative self-talk.

Since we are living in a digital era, students will participate in group activities to learn how to critically analyze the media that they consume and how it may affect their body image. After watching [this video](#), they will be provided with a media presentation and participate in a group activity to analyze specific media images and the messages that are being conveyed through those type of images.

### **Home Activities**

Students will create a coping skills wheel at home. The wheel will help them to identify their personal coping skills and a tool to remind them of the skills for future use.

### **Conversation Starters**

What messages are being sent to you by the media you consume daily? Do you think they have impacts on your mental well-being?

When you are experiencing negative emotions, what helps you feel better?

How can you help make social media a place of authenticity?



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