

Building Self Esteem through Positive Choice Making

Presented by Christopher Avery



WELCOME

- Greeting
- Background of presenter



OUR ULTIMATE GOAL

To **equip** educators with the skills, to **effectively** teach children how to make **self-empowering** choices and create communities where that is actually possible.

DID YOU KNOW?

- American schools harbor approximately 2.1 million bullies and 2.7 million of their victims.

Source: National School Safety Center

- It is estimated that 160,000 children miss school every day due to fear of attack or intimidation by other students.

Source: National Education Association

A GOOD ROLE MODEL?

"Bullying is not a reflection of the victim's character, but rather a sign of the bully's lack of character."

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TODAY'S WORKSHOP GOALS

- Acquire an understanding of the TSC process for effective communication and for supporting students with special needs.
- Explore personal influences that shape positive choice making.
- Apply strategies to handle conflict.
- Discover the impact of self-empowering choices.

GROUP ACTIVITY

Why do you think young people are more likely to make positive choices when implementation of inclusive practices are ensured?



EFFECTIVE EDUCATORS ESSENTIALS

TURNING STONEchoice PROCESS

1. Stop & Breathe

2. Talk, Listen &
Think “As If”

3. Observe Your
Choices

4. Plan & Take
Action

EFFECTIVE EDUCATORS ESSENTIALS

DIAGRAM



EFFECTIVE EDUCATOR ESSENTIALS

TURNING STONEchoice PROCESS



SELF AWARENESS



The ability to accurately recognize one's emotions and thoughts and their influence on behavior possessing a well-grounded sense of confidence and optimism.

SELF AWARENESS

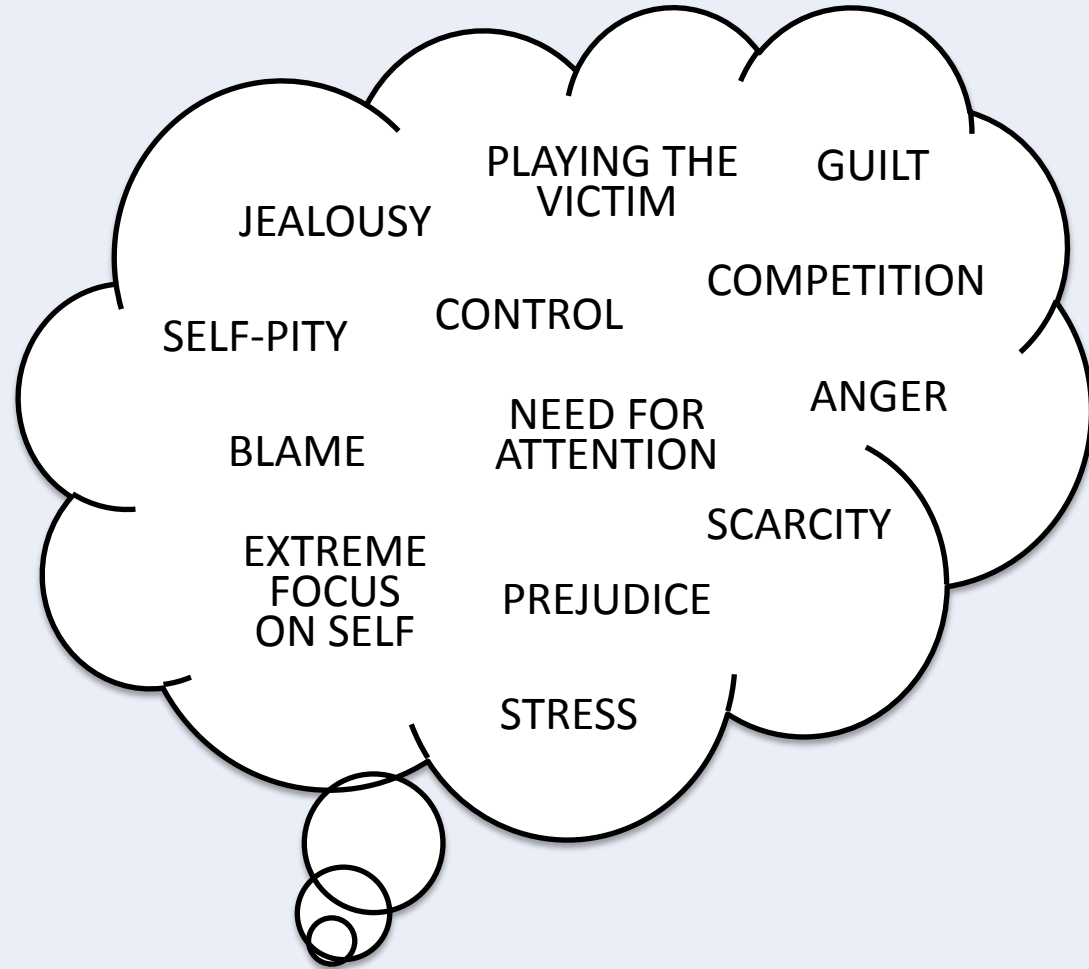


SELF AWARENESS



EFFECTIVE EDUCATORS ESSENTIALS

MIND OBSTACLES

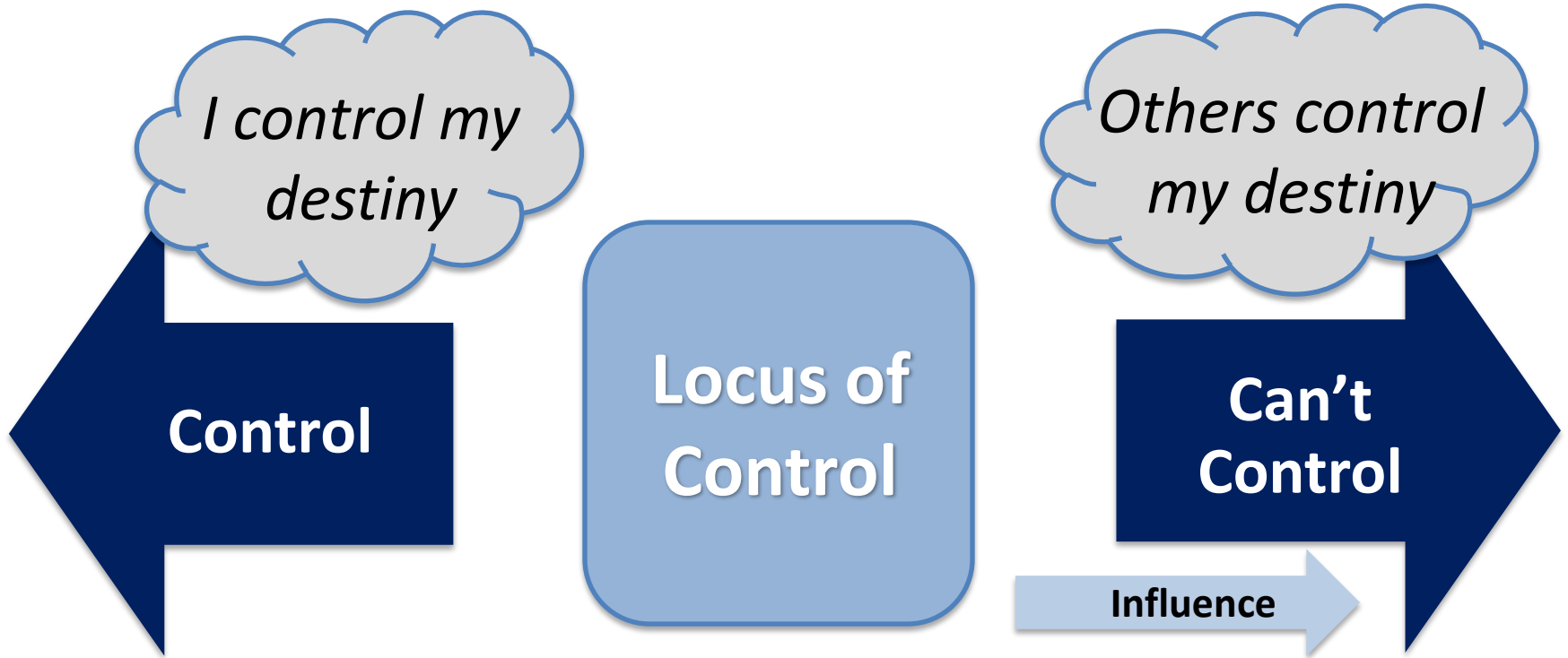


UNDERSTANDING YOURSELF



- Reflective consciousness
- Locus of control – reality that ultimately we only have control of ourselves and no one else; including our students.

LOCUS OF CONTROL



UNDERSTANDING YOURSELF



LOCUS OF CONTROL ACTIVITY

List examples of things you:

- Can control
- Can't control
- Can influence

SELF- EMPOWERING CHOICES

- Many children do not know they choose their own behavior or attitude. You always have more choices than you think you have.
- The key to changing inappropriate behaviors is replacing them with appropriate behaviors that serve the same function.

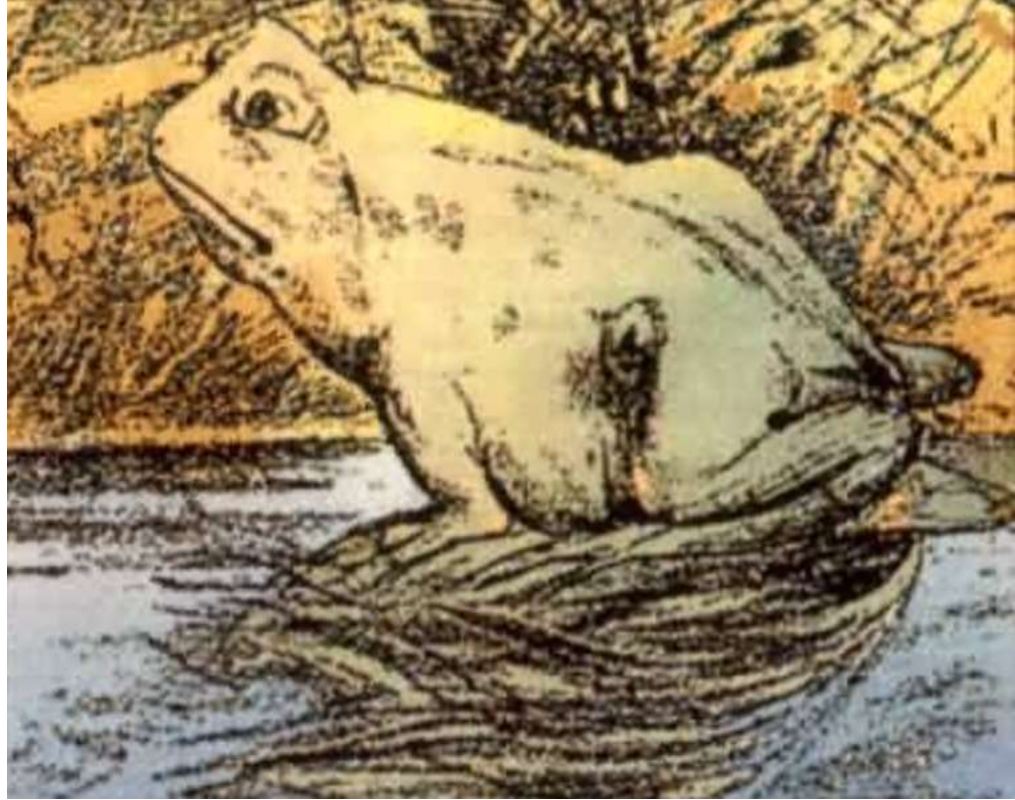
SELF- EMPOWERING CHOICES

*What are the choices
that the students you
work with right now
are dealing with?*

PERCEPTION

Perceptions are our reality.

What is the reality that you perceive in this picture?



PERCEPTION

Now take a look at this picture and what is the reality you perceive?





GROUP BREAKOUT

BREAKOUT SESSION

Scenario:

Reflection:

1. Can you think of ways the school curriculum can be used to point out examples of choice and how a different choice might have a different result?
2. In thinking of students you have had in class, can you think of one who you were able to help by using a specific talent?
3. How is developing self confidence and self-empowerment in students an important part of your classroom dynamic?

TEACH CHARACTER BUILDING

- Teach well thought out responses to stressors instead of allowing or nurturing fight or flight reactions.
- Use teachable moments in and out of the classroom to help students understand their potential and build their self-esteem.

Choice-making defines
who you are.

TODAY'S WORKSHOP GOALS RECAP

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- Explored personal influences that shape positive choice-making.
- Applied strategies to handle conflict.
- Discovered the impact of self-empowering choices.



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