



The goal of this Study Guide is to facilitate for students of teenage years a better understanding of issues such as, Addiction, LGBTQ Community , First Nation Issues, Mental Illness such as anxiety, depression, self-harm, and suicide. The Unit is comprised of 13 short videos depicting a reenactment of real life experiences intended to help reduce stigma surrounding these topics and continue to promote an environment of greater understanding, support and acceptance in our society today.



Teens 101 Study Guide

Episode 4 – Broken Families – Lydia’s Story

Episode # 4 Study Guide -Lydia

Lydia’s life as a child was filled with family dysfunction, drugs, abuse and the death of her mother. She ended up in the foster care system before the age of 10 and would endure moving between 36 different foster homes. Lydia was left with a lack of identity, belonging, and self-worth. The longing of her family and her loneliness created a cycle of destruction or “acting out”. Nothing or no one could fill the void she felt. Somehow, she found an incredible strength to turn her life around. Living out of a car, she put herself through school and became determined to have her own family, providing a loving home for her two children, something she never had.

Learning Goals:

After taking the quiz entitled " How much do you know about Self-Esteem" and after viewing Episode #4 and discussing his/her responses with the class and the teacher, the student will understand how a person can struggle with their self-identity and self-esteem as a result of the breakdown of family.

Prior Learning:

Prior to the viewing of Episode # 4 the student will potentially have an understanding of self -identity and self-esteem and how important it is to be able to have family support to rely on. The student will hopefully be able to identify with this through his/ her own experiences, through examples in media and from school.

Minds On:

Before the viewing of Episode #4 the student will have taken the quiz entitled "How much do you know about Self-Esteem" (See worksheet # 4 a) and have discussed with other students and the teacher how self -identity is developed and dependent on having family support.

Action:

The students will be given questions on Episode #4 (See Worksheet #4b). Discuss with the students that they will have to respond to the questions as they are watching the Episode and be prepared to discuss their responses following the episode.

Following the discussion of the Episode questions bring the students’ attention to the building blocks of Self-Esteem. (Michele Borba Ed. D.) Divide the students into groups of 5. Give each group one of the building blocks to self-identity and self-esteem and have them come up with examples that support each building block in order to facilitate further their understanding of the importance of a healthy self-Esteem.



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BUILDING BLOCK

STEPS FOR ESTEEM BUILDER

Security

A feeling of strong assuredness. Involves feeling comfortable and safe; knowing what is expected; being able to depend on individuals and situations; comprehending rules and limits.

1. Build a trusting relationship.
2. Set reasonable limits and rules that are consistently enforced.
3. Create a positive and caring environment.

Selfhood

A feeling of individuality. Acquiring self-knowledge, which includes an accurate and realistic self-description sources of influence on the self.

1. Reinforce more accurate self-descriptions.
2. Provides opportunities to discover major sources in terms of roles, attributes, and physical characteristics.
- 3 Build an awareness of unique qualities.
4. Enhance ability to identify and express emotions.

Affiliation

A feeling of belonging, acceptance, or relatedness, particularly in relationships that are considered important. Feeling approved of, appreciated, and respected by others.

1. Promote inclusion and acceptance within group.
2. Provide opportunities to discover interests, capabilities, and backgrounds of others.
3. Increase awareness and skills in friendship making.
4. Encourage peer approval and support.

Mission

A feeling of purpose and motivation in life. Self-empowerment through setting realistic and achievable goals and being willing to take responsibility for the consequences of one’s decisions.

1. Enhance ability to make decisions, seek alternatives, and identify consequences.
2. Aid in charting present and past academic and Behavioral performances.
3. Teach the steps to successful goal-setting.

Competence

A feeling of success and accomplishment in things regarded as important or valuable. Aware of strengths and able to accept weaknesses.

1. Provide opportunities to increase awareness of individual competencies and strengths.
2. Teach how to record and evaluate progress.
3. Provide feedback on how to accept weaknesses and profit from mistakes.
4. Teach the importance of self-praise for accomplishments.

Consolidation and Connection:

After each group has discussed and developed ideas that support the five building blocks of self-esteem each group will then present their findings. Make the students aware that Self-Identity and Self-esteem and family will be one of the topics that they will have a choice of completing an assignment on after all of the thirteen episodes of "Teens 101" have been viewed.



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Answer Sheet

Quiz 4A - How much do you know about Self-esteem?

Worksheet 4a

1. Identity and self- esteem are closely related and developing self- esteem and a strong sense of identity are very important to good mental health. **T/F (True)**
2. Your sense of identity has to do with who you think you are and how you perceive yourself. **T/F (True)**
3. Self -esteem has to do with how others value you. **T/F (False)** **Self-esteem is all about how you value yourself and It has to do with your sense of self-worth.**
4. Your self- esteem affects your mental health, your behavior and how you relate to other people. **T/F (True)**
5. Low self -esteem or a poor sense of self can contribute to so many problems in our lives. **T/F (True)**
6. You begin developing your identity and self-esteem as a very small child therefore your relationship with your parents is a crucial one. **T/F (True)**
7. If your caregivers didn’t respond to you in an appropriate way when you were young, you may have begun to learn and believe that you were not valuable and that your feelings and needs were not important. **T/F (True)**
8. As adults, we continue to develop self -esteem and begin to make decisions about our value for ourselves and become more dependent on messages from others. **T/F (False- If we are developing a healthy self-esteem we become less dependent on the messages from others.)**
9. A strong self-esteem allows us to feel good about ourselves even when others treat us poorly. **T/F (True).**
10. Children and adolescents with poor self -esteem are more likely than other children to have behavior problems and have trouble getting along with authority figures. **T/F (True)**



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Quiz #4a- "How much do you know about self-esteem?"

1. Identity and self-esteem are closely related and developing self-esteem and a strong sense of identity are very important to good mental health.

True	False
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2. Your sense of identity has to do with who you think you are and how you perceive yourself.

True	False
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3. Self-esteem has to do with how others value you.

True	False
------	-------
4. Your self-esteem affects your mental health, your behavior and how you relate to other people.

True	False
------	-------
5. Low self-esteem or a poor sense of self can contribute to so many problems in our lives.

True	False
------	-------
6. You begin developing your identity and self-esteem as a very small child therefore your relationship with your parents is a crucial one.

True	False
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7. If your caregivers didn't respond to you in an appropriate way when you were young, you may have begun to learn and believe that you were not valuable and that your feelings and needs were not important.

True	False
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8. As adults, we continue to develop self-esteem and begin to make decisions about our value for ourselves and become more dependent on messages from others.

True	False
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9. A strong self-esteem allows us to feel good about ourselves even when others treat us poorly.

True	False
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10. Children and adolescents with poor self-esteem are more likely than other children to have behavior problems and have trouble getting along with authority figures.

True	False
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Worksheet 4b

1. Describe Lydia’s relationship with her mother.
2. What were some of the challenges and hardships Lydia had to endure as a child in the foster care system?
3. What happens to Lydia’s cousin and how does it affect her sense of self and identity?
4. What did Lydia feel was her only way out of the environment that she came from? Describe how she “showed up and lived life everyday” despite her difficulties.
5. How were her teachers a part of her eventual success? How does she describe them?
6. Lydia says that “self-expression will save your life.” What do you think? How do you cope with life when you are upset?
7. Describe Lydia’s “metamorphosis”.
8. Dr. K. states that “social membership is a big deal for the brain”. Discuss what he means with reference to Lydia and what school represented for her.
9. Dr. K emphasizes that everyone needs to have support from family friends, teachers or councillors. Why?
10. What are some of the ways in which an individual can express themselves in a positive manner in helping deal with stress from family, friends or society?