SOCIAL MEDIA AND SELF-ESTEEM

Why do we care? Cyber-bullying is a rising problem amongst young people. Additionally, the constant comparison to other people’s media, photos, and content can impact a child’s self-esteem in negative ways. You can address these issues with your mentee or child through activities such as those described below.
Audience: Ages 4-12

The Purpose of This Activity

The things that we are told and what we see around us form our ideas of what is beautiful or attractive. This can be different depending on who we are and where we are from. It is important for everyone to remember that we are judged by what is considered ‘normal’ by the culture around us.

Estimated Time

30 minutes

Materials

• Clothes
• Music
• Make-up (optional)
• Internet

How to

1. Have your mentee select one country or culture. This can be somewhere you know nothing about, or it could be where you were born or have family links. Spend time looking up what people think is beautiful in that country or culture. Look at the clothes worn, the shape and size of the people and their way of life. Gather together clothes you can use to show what you have discovered.

2. Have your mentee decide which culture you think has the best idea of beauty. Discuss: Do you agree? How did you come to this decision? How is what is considered ‘beautiful’ different between your own culture and others?
STAND UP TO A CYBERBULLY

Source: http://www.bullyfree.com

How to

1. Before you meet up with your mentee, spend some time on Google looking for videos on cyber-bullying that you can watch together. There are a ton! Some good sources are: Commonsensemedia.org, stopbullying.gov, and Youtube! Think about your mentee’s age and stage when picking a video.

2. When you are together:
   a. Begin by asking your mentee if they have ever heard of cyber-bullying. Discuss the definition together.
   b. Watch your selected video together.
   c. Ask your mentee to think of some examples of cyber-bullying that they saw in the video. Ask if they know of anyone who has experienced this, or seen an example of cyber-bullying in a movie or TV. Ask your mentee, what do you think about this?
   d. Ask your mentee why they think cyber-bullying is not a good idea. Some examples could be that it destroys relationships, it embarrasses others, etc.
   e. Ask your mentee if they would like to sign an anti-cyber-bullying pledge, such as the one located at http://www.deletecyberbullying.org/petition/. Discuss why they do or don’t.

Audience: 8-15

The Purpose of This Activity

To bring awareness to what cyber-bullying is and why it’s not good.

Estimated Time

5-10 minutes each participant

Materials

The Internet
DREAM DOLLS

SOURCE: http://www.dove.us

Audience: Ages 6-10

The Purpose of This Activity

• See the impact toys can have on our views of ourselves and those around us
• Show how toys are not what people are supposed to inspire to be

Estimated Time

45 minutes

Materials

• Fashion dolls
• Paper dolls (Google “Paper Doll Template” for a ton of versions that you can print out!)
• Scissors
• Water-soluble glue
• Fabric
• Paints, pens or crayons
• Any other art supplies that you have

How to

1. Start with a chat about the fashion dolls your mentee has or likes. Discussion questions include:

Why do you like these dolls?
Why are they shaped the way they are?
Do their shapes influence what we think? How?
Do you think you should be encouraged to play with toys like these?

2. With your mentee, use your paper dolls and art supplies to create dolls that you think reflect reality.

3. When you have finished, get together and look at your creations. Discuss what you made. Discussion questions may include:

Describe your doll’s features? How are your dolls the same or different from you?
Can you see any stereotypes? Which ones?
Which doll is most imaginative? Which doll is most like reality?
Which ones have made the best use of the materials available?
What features make your doll beautiful?