**“3-minute Concept” Animated Video Clips Series:**

**Self-esteem**

**Subtitles**

3-minute Concept

**Self-esteem**

Life and Society (Secondary 1-3)

Personal, Social and Humanities Education Section

Curriculum Development Institute

Education Bureau, HKSAR Government

Self-esteem is one’s evaluation of oneself. A person’s self-esteem is determined by what kind of a person he/she thinks of himself/herself, whether the person can identify his/her strengths and accept his/her weaknesses, and whether the person can be sure of his/her self-worth.

Generally speaking, people with high self-esteem tend to feel more positive about themselves, and they can face challenges proactively. On the contrary, people with low self-esteem tend to feel more negative about themselves, and they often blame themselves for their difficulties and failures and feel inferior to others.

American educator, Michele Borba proposed the “Five Building Blocks of Self-esteem”, in which “Security”, “Mission”, “Competence”, “Selfhood” and “Affiliation” are the key components of self-esteem.

“Security” is about trusting others and feeling safe and protected.

“Mission” is about setting personal goals and working hard to accomplish them.

“Competence” is about believing in one’s ability to achieve goals, learn new things, equip oneself and face challenges.

“Selfhood” is about feeling unique and being sure of one’s self-worth.

“Affiliation” is about feeling accepted, respected, appreciated and approved by others; getting along with others well; and feeling connected to one’s social group.

We can enhance our self-esteem by strengthening its five building blocks. This will boost our confidence in tackling the challenges in our lives. For example, Hiu Tong has a beautiful voice. She has won many prizes in inter-school singing contests. Through participating in competitions,

she has become certain about her unique qualities and confident in her abilities. Every time she enters a singing contest, her teachers and classmates will cheer for her and send her their best wishes. This makes Hiu Tong feel accepted, appreciated and approved by others. Once Hiu Tong failed to give the best performance in a singing contest and did not win. Her parents stayed with her and encouraged her, which made her feel comforted. Later, Hiu Tong set competing in international contests as her goal. With the help of her instructor, she improved her singing techniques and set clear goals for her upcoming competitions.

Teenagers’ self-esteem is affected by various factors, including personality, family, school, peers and social culture, etc.

Self-esteem is not unchangeable. It evolves with an individual’s personal life experiences

and interactions with others, as well as others’ comments on oneself. How we evaluate ourselves will change as we gain more knowledge, abilities and experiences.

Reflection Questions

How would you strengthen the five building blocks of self-esteem to enhance your self-esteem?

Do you think the higher the self-esteem, the better?