



# THE HOPE CENTER

## Topic: Self-Perception and Behavior

Audience: Teenagers

Activity: Registration on flip chart - Name designed on paper

**Introduction:** Perceptions and feelings about ourselves are known as self-esteem, or self-conception. The understanding of our selves defines our outlook. The way you perceive yourself (Whether good or bad) impacts all the aspects of your life. I.e. Relationships, behavior, academic performance and reactions to situations.

- Name design in game – Song I am a Hero

### SOME FACTS ON SELF PERCEPTION AND BEHAVIOR:

- The way you see yourself determines your behavior. Your behavior determines your Performance. A student's ability to perform well in school largely depends on their self perception. Failure and success are cultivated in the eye of the mind.
- Poor self-perception influences creativity because an individual does not have the confidence to think beyond the norm. **IT IS OKEY TO THINK DIFFERENTLY.** *Num 13:17-30 (Story of the spies)*
- Poor self-perception is a major determinant in people with bad behavior. They fail to reason and think of the consequences of their bad behavior. They just don't mind what happens to them.  
**IF YOU SEE YOUR SELF WELL ,YOU WILL MIND WHAT HAPPENS TO YOU AND THE PEOPLE AROUND YOU.**

Activity: Writing something nice against your name on the flip chart & say something nice about you  
**SELF-PERCEPTION AND THE WORLD AROUND US.**

1. We define life and people from the definition of our own selves. Most people define us according to the opinion of themselves. **YOU ARE NOT WHAT OTHERS SAY. YOU ARE WHAT GOD SAYS..YOU ARE WHAT YOU SAY AND BELIEVE.** *This must be as God see you. Psalms 139:14*

2. We approach academics from our inside belief. E.g We find some subjects hard because someone said they are hard or someone said we cannot do them. We succeed at what we think we can do and fail at what we think we cannot do. Our SUCCESS and FAILURE is decided by how we see ourselves.

We treat some people well or poorly because we feel we MUST prove our worth to them. Our poor self perception causes us to mistreat people, misuse property and worst of all **WE DESTROY OUR SELVES** because we feel and think **WE ARE WORTHLESS.** *2 Sam 9:1-8 (Story of Mephibothesi)*

So many young people misbehave and they **DON'T CARE** what happens to them or others because they have little value for themselves and others. **VALUE YOUR LIFE AND THE LIVES OF THOSE AROUND YOU. EVERYONE IS IMPORTANT.**

Activity: Game Ringa Ringa

### **THE TRUTH ABOUT US AND HOW WE SHOULD SEE OUR SELVES.**

- Everyone is **IMPORTANT:** It is not what you do or what you have. It is not about your looks or stature. It is about the Creator's plan. **HE MADE ALL OF US IMPORTANT.**
- We all **MATTER:** There is no need to prove our worth to anyone. It is also impossible to prove our worth because we are in a time where people don't care about others. Everyone steps on others to climb up, to feel good, to feel powerful. We ought to look into ourselves and remember that **WE ALL MATTER. GOD NEVER CREATED ANYONE FOR NO REASON.**
- People will treat you the way you let them. The way you show them.
- Our actions are seeds that we sow. We will reap according to what we sow.

Ending Activity: Designed name display and share your Take-home of the lesson. Song Hero

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