



## ACCEPTO GREEK TEAM

Students' Worksheet  
November Wednesday 26/11/2014

*After the process of the brainstorming the students of the ACCEPTO Greek Team wrote down what is self-esteem, how is related to school bullying and what can be done for developing self-esteem and facing school bullying in this way. Here are their basic ideas:*

### **1st step: thinking and writing my ideas about self –esteem**

- ❖ **What I think about self-esteem?**
- ❖ **When do I think that someone respects himself?**

1. When a person does his best concerning his job, his personal life and so on, he respects himself and this leads to self-esteem.
2. A person has self-esteem when he believes in himself and doesn't pretend to be a different person.
3. Extreme self-esteem can be dangerous for a human being/may “work” in a negative way.
4. A person has self-esteem when he sets aims and does the best he can to fulfil them.
5. When you love yourself, accept your good points as well as your imperfections, then you have self-esteem.
6. Too much self-esteem or low self-esteem is equally dangerous.
7. Someone respects himself when he is faithful to his beliefs and values.
8. Self-esteem means feeling good about one's self.
9. Self-esteem has the person who never gives up/keeps trying.
10. Feeling that as a human being you are unique, you definitely have self-esteem and self-respect.
11. Having self-esteem doesn't mean you are perfect.



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### 2nd step: relating self-esteem with bullying

- ❖ **How do I think self-esteem is related with bullying?**
- ❖ **Do I think that the bully or the bullied person have self-esteem?**

1. Lack of self-esteem and self-respect is related to bullying.
2. Realising (the bullied) that is not the one to blame for being bullied can help developing self-esteem.
3. The bully feels insecure about himself and wants to prove he is better than the others.
4. The bully has very high self-esteem with no reason and uses either his body or verbal violence to mock the others.
5. Both the bully and the bullied person have low self-esteem.
6. When you don't believe in yourself, you can become an easy victim.
7. Both the bully and the bullied have a false idea of who they really are.
8. Kids who are bullied tend to lose self-esteem.
9. The bullies are scared kids.

### 3rd step: suggesting ways of facing school bullying via self-esteem

- ❖ **In what ways do I think that self-esteem can be developed?**
- ❖ **What can I suggest about dealing with the school bullying?**

1. Improving one's self can reinforce self-respect. Bullying at school is hard to stop but team work can help a lot.
2. Attending seminars can be very helpful.



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3. Talking freely about bullying would help the 'victims'.
4. Support from friends and family is of vital importance.
5. Accepting the bullying phenomenon and asking for advice( teachers, psychologists)
6. Being with friends that respect you and respect them strengthens self-esteem.
7. Do not be afraid of talking to people you trust (teachers, parents ).
8. The bullied should start thinking positively about himself and not let anybody hurt him.
9. We mustn't let the bullies feel powerful.
10. Working in teams will help (under the experts' supervision)
11. Learn how to love your unique self and make effort to improve him.
12. Having school guards to prevent bullying phenomena.
13. Developing self-esteem and respect in the family framework.
14. Being sociable helps dealing with bullying.
15. Ignore the ones who bully you or talk to somebody.

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