

Learning Objectives

Each module is aligned with specific learning objectives designed to build understanding, reflection, and skill development around self-identity and self-confidence. These objectives use active verbs based on Bloom's Taxonomy.

Module 1: Seeing Me – Nature, Nurture & Self-Discovery

- Identify personal traits shaped by both genetics and environment.
- Reflect on how environmental influences such as family, culture, and peers shape one's identity.
- Distinguish between the real self and the ideal self.

Module 2: Owning Me – Strengths, Values & Self-Confidence

- Recognize and articulate personal strengths.
- Define values that guide decision-making and behavior.
- Explain how internal awareness contributes to stable self-confidence.

Module 3: Defining Me – Media, Society & Identity Pressure

- Analyze how media and societal expectations influence self-image.
- Evaluate the gap between the ideal self and authentic self.
- Identify external voices that shape identity and self-worth.

Module 4: Protecting Me – Assertiveness & Boundaries

- Differentiate between passive, aggressive, and assertive communication.
- Practice assertive responses to common teenage peer-pressure scenarios.
- Justify the importance of boundary-setting for self-confidence.

Module 5: Becoming Me – Self-Worth in Action

- Summarize key insights gained about personal identity and growth.
- Develop a personal action plan for confidence-building.
- Commit to values-based living through reflection and journaling.