



**A Self-empowering Workbook
for Tweens and Teens**

Gina Scarano-Osika
Kim Dever-Johnson



LARSON PUBLICATIONS

Contents

I Am Beautiful	7
A Promise to Myself	8
Foreword by Joan Jacobs Brumberg	9
Chapter 1 Self-Esteem and Body Confidence	11
Samantha's story	11
What Is Self-Esteem?	12
Factors That Raise and Lower My Self-Esteem	13
It's Good to Be Me!	14
What Is Body Confidence?	16
Now You See It, Now You Don't: The magic of airbrushing	17
Factors That Raise and Lower My Body Confidence	18
Things I Want to Remember	19
Chapter 2 Food as Fuel	20
Izzy's story	20
Metabolism and Using Food as Fuel	21
Understanding Serving Sizes	21
Understanding Hunger and Fullness Cues	22
<i>The Hunger and Fullness Scale</i>	
<i>Listen to fullness and hunger cues</i>	
Dancers and performers	24
Healthy Eating Attitudes	25
Things I Want to Remember	26
Chapter 3 Way to Go!	27
Jenna's story	27
The Power of Positive Thinking on Self-Esteem	28
The Power of Positive Thinking on Body Confidence	30
The A-BE-C's of Stress Management and Coping	33
My Problems and My Coping Skills	35
Things I Want to Remember	38

Chapter 4	Get Moving!	39
	Amy's story	39
	The Impact of Stress on Your Body	40
	Exercise Is More Than Just Activity	41
	Exercise for Enjoyment	41
	Ask for Help	44
	Things I Want to Remember	45
Chapter 5	Five Lessons from a Highly Effective Teenage Drama Queen	46
	1. Drama Queens Say and Do Things that Create Drama	46
	2. Drama Queens Are Smart . . . but Sometimes Unwise	48
	3. Wise People “Sit and Go Blah”	50
	4. Wise People Are Mindful: They “let go” of Unhealthy Thoughts and Feelings	57
	5. Wise People Focus on Inner Beauty	59
	Things I Want to Remember	64
Chapter 6	Beautiful Girls	65
Chapter 7	Do I Really Feel Bad About Myself? Or did I just finish reading a teen magazine?	79
	Becoming “media literate” (and what is that, exactly???)	80
	Messing with your mind	80
	Ten things you can do together	86
	Things I Want to Remember	88
Appendix A	My Daily Food Journal	89
Appendix B	My Daily Activity Journal	91
Appendix C	My Hunger and Fullness Scale	92
Appendix D	My Problems and Coping Skills Journal	93
	General A-BE-C form	93
	Sexual issues	97
	Drugs, alcohol issues	103
Supplementary Material:	Okay, Girls! Listen up	111
Acknowledgments	115
References	117
Index	118