

Student Name: _____

Sharing and Reflection: Who Am I?



Part A: Pick one substance, and explain how it may affect how a person may feel about themselves (self-concept).

What can a person do to feel better if they think the substance is negatively affecting how they feel about themselves (self-concept?)

Part B:

Create a “Who am I” self-collage. Compile text and images representing your hobbies, interests, goals, and important people. Include the following elements in the collage:

- The person I think I am.
- The person others think I am.
- How self-care can help improve my self-concept.

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