

**BLACK HISTORY IS NOT A MONTH IT IS A LIFETIME.**

Teaching Black History to Promote Self-Esteem.

Presenter - De Carla Burton

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### About the Presenter

De Carla Burton M.Ed. is a Family Child Care Educator with over 20 plus years experience and the owner and director of Jump Smart Learning Academy, servicing children ages 2 to 7.

De Carla L. Burton, is the Author of Black History Teachers Manual Leadership Series I. This amazing book shares strategies and resources for educators, and parents that know the importance of teaching young African American Children their history.

Mrs. Burton is an Educational Consultant and CEO of Sharing Knowledge Consultants a company that provides innovative trainings for educators on a variety of topics.

She is the founder of S.P.N.A. Supporting Professionals Network Association a non-for-profit Family Child Care Association.

- For more info about book, trainings & resources visit [www.shareyourknow.com](http://www.shareyourknow.com)

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### Objectives

- TO EXPLORE BLACK HISTORY STRATEGIES THAT BUILD SELF-ESTEEM AND CULTURAL PRIDE TO EMPOWER YOUNG CHILDREN.
- DEFINE SELF ESTEEM AND GIVE EXAMPLES OF WHY IT IS IMPORTANT.
- EXAMINE THE 4 DIMENSIONS OF SELF ESTEEM.
- UNDERSTAND HOW TO IMPLEMENT DEVELOPMENTALLY APPROPRIATE BLACK HISTORY ACTIVITIES TO BUILD SELF-ESTEEM.

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### Why is Black History Month in February?

- Negro History Week 1926
- Celebrated each year during the second week of the second month.
- Eventually the holiday expanded to the entire month.
- Teach children about their history throughout the entire year.

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## What Is Self Esteem?

Ice Breaker

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### Self Esteem Is.....

In psychology, the term **self-esteem** is used to describe a person's overall sense of personal worth or value.

In other **words**, **self-esteem** may be defined as how much you appreciate and like yourself regardless of the circumstances.

Your **self-esteem** is defined by many factors including **Self-confidence**.

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**Self Esteem In Children**

Cultural pride builds self-esteem.

Positive self-image builds self-esteem.

Self love increases self-esteem.

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**Benefits of Teaching Black History to African American Children to Build Self-Esteem**

- Raising African American children for resilience means understanding the conditions that shape Black identities.
- Black history children learn about themselves and how to overcome challenges big and small.
- Black history empowers children to understand their value and self-worth.
- Black history instills self-love and cultural pride.

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**Black History**

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Teaching Black history promotes cultural pride

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Counters negative messages and stereotypes about Black people

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Black history help children develop a sense of purpose, service, leadership and courage.

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Cultural Pride

- Positive messages about cultural pride and knowledge have been shown to positively related to self-esteem and identity development among racial and ethnic minority adolescents (White, Johnson, Ford, & Sellers 2010)

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Understanding Racism Through Racial Socialization

Racial Socialization the most critical developmental process for Black children, it consists of various kinds of messages transmitted through activities, behaviors both verbally and non-verbally and contributes to stereotypes.

Find ways to counter negative messages that society transmits by teaching children the importance and meaning of their race and ethnicity to build their self-esteem.

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Self Esteem in Children

- Children with self-esteem feel proud of what they can do.
- Feel liked and accepted.
- Accept themselves even when they make mistakes.

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Building self-esteem in a child involves a collaboration not a deception. What does this mean to you?

Discussion

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### Dimensions of Self-Esteem

Four Dimensions

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### Four Dimensions of Self-Esteem

- Significance - feeling of being loved and cared for.
- Competence – Personal Choice
- Power – feeling of self-control (pure sense to be able to)
- Virtue – Being good

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Significance

- The feeling of being loved and cared about, the feeling that you matter.
- You can't instill this feeling in a child, but you can try to influence it with words and deeds, nurturing and protection by caring and meeting the needs of the child.
- You can't ensure the messages you send are the ones the child will receive.
- A feeling of significance and the feeling that you are important is an individual choice.

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Competence

- You can influence competence in a child by helping him become skilled in a number of areas.
- Whether the child feels competent depends on whether he compares himself with someone who is more competent than he is.
- It's a decision the child makes.
- Support and push him to feel good about himself.
- He may still experience low self-esteem even though he's highly competent because he doesn't see himself as competent enough.

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Power

- The third dimension of self-esteem is power, feeling that you have some control over who you are, making things happen in the world and having an effect on the people and events in your life.
- Living your life satisfactorily gives a sense of power. If power is of major importance, then having a sense of it can raise your self-esteem.
- Power is not defined as having control over other people but in the pure sense of the word "PERSONAL POWER". Or root word (to be able).

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Virtue

- The fourth dimension of self-esteem is virtue “being good”. A person of virtue self-esteem relates to how much of a gap there is between how good they perceive themselves vs how good they want or need to be.
- Virtue is not a supreme value to everyone.

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Discussion

Which Dimension Do You Value The Most?

- Significance
- Competence
- Power
- Virtue

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Self-Esteem Not Fixed

- Although self-esteem becomes established and somewhat stable over time, it's not forever fixed and static. Creating and maintaining self-esteem is a lifelong process.
- Self-esteem gets shaped and reshaped; it changes as children develop. It changes when circumstances change which can happen instantly.

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Self Esteem

Self-esteem brings self-confidence, which is a vital trait for development. What a child believes he can or cannot do, can influence what he can or cannot do.

What we believe influences our behavior greatly. Our beliefs create a self-fulfilling prophecy. What we expect is what we get for no other reason that we expect it.

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Self-Fulling Prophecy

- Have you ever made a prediction about your life that came true?
- For instance, you might expect that a speech you have to give will go terribly, and when it does, you feel no surprise when you stutter, mumble, and frequently forget your next point while speaking.

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Self-fulfilling Prophecy.

- When our beliefs and expectations influence our behavior at the subconscious level, we are enacting what is known as a self-fulfilling prophecy.

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Share A Time When Your Belief Created A Self-Fulfilling Prophecy. prophecy.

Share activity

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Why Self Esteem Matters

When children feel confident and secure about who they are, they're more likely to have a growth mindset. That means they can motivate themselves to take on new challenges and cope with and learn from mistakes.

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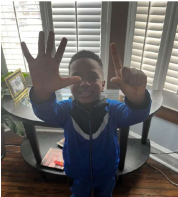
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Growth Mindset



- 6-year-old Arik enjoys doing well on his math test. Currently he ranks in the 81 percentile, and he has decided to increase it to 91 percentile.
- After basketball practice, he tells his mom they must hurry to get home. His mom was puzzled as he moved with purpose getting fully dressed in half the time it generally takes.
- Once home, he quickly ate his dinner, and prepared for bed, reminding his mom that it was important for him to get his rest.

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Where Does self-esteem come from?

- Self-esteem comes from early experiences and continues up through the school years into adolescence and adulthood.
- Children define themselves by looking at images they see reflected in the people around them. (examples of what children want to be)

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Research On Learned Helplessness  
The Dog Study

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Learned Helplessness

- Learned helplessness is a psychological phenomenon in which a person learns that he or she cannot avoid bad things happening in the future. This causes him or her to stop trying to prevent them. Learned helplessness is often associated with depression.

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**Dog Study**

- Martin Seligman and Steven F. Maier first identified learned helplessness as a phenomenon in the 1960s. These psychologists conducted experiments on dogs, finding that, when exposed to repeated shocks that they could not control, the animals refrained from taking action when they could prevent the shocks.



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**Research on learned helplessness.**

- Dogs who were shocked when they tried to get out of their cages, learned to stay in their cages even after the shocks stopped and the cages were left open.
- They were free to leave, but they didn't perceive it that way.
- They continued to act on past experiences even though the circumstances were different.
- Their perceptions didn't relate to reality.

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**Logic Model**

- The logic of the model is that, when an individual finds themselves in a situation where something has either gone right or wrong, they will ask why.
- The answers that that person tends to give when asking themselves that kind of question will dictate whether that person defaults to an optimistic or pessimistic explanatory style (Healy, 2017).

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**Learned Hopefulness**

- Learned hopefulness suggests that empowering experiences - ones that provide opportunities to learn skills and develop a sense of control - can help individuals limit the debilitating and learned helplessness effects of barriers in their everyday lives (Zimmerman, 1990).

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**Where Does self esteem come from?**

Decide if you are Worthy (starts at infancy) when they cry or are hungry in their needs are met, they develop self-efficacy.

Children that see themselves positively develop a global sense of self-worth

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**Black History Encourages Self Esteem, Self Pride & Respect.**

- Creates an environment to foster messages of Self-Worth
- Helps to Find our children's unique Talents & Gifts
- Offers opportunities to Create activities to celebrate Diversity and Respect (people & earth).



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**Self-Esteem In Children**

- When children feel confident and secure, they're more likely to succeed in school and achieve personal goals.
- As they get older, they learn to confront problems and resist peer pressure.
- More important, having a positive self-image helps a child feel happy and capable of maintaining personal relationships."

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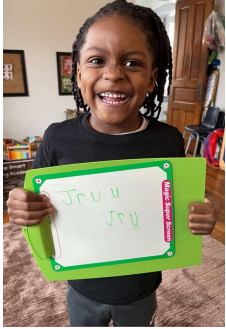
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**Boosting Self Esteem Affirmation "I Am Capable"**



- Because self-esteem is so important, finding ways to boost our children's self-confidence and self-worth must be at the forefront of our work as parents, teachers and mental healthy professionals.

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**Preparing the Environment and Setting Learning Goals**

- Research shows that the quality of a child's early environment is a prerequisite for overall brain development and that the more stimulating the environment, it will positively affect all other learning areas later.
- Incorporating Black history activities in your program "All Year Round" requires intentionality as you review learning goals and set realistic expectations for children.



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### Thinking Intentionally About Learning Goals

Establishing learning goals helps teachers focus on intentional learning outcomes.

Learning goals are specific and measurable

Learning goals will help determine if children have met expectations

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### Black History Learning Goals

Share	Explore	Participate in	Develop
Share resources that demonstrate positive African American role models	Explore peaceful conflict resolution to solve problems like unfair rules that discriminate against people of color.	Participate in small and large group discussions of Black history events to encourage critical thinking.	Develop awareness and make social connections as a member of the group in a democratic community.

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- Teach children that outward appearance does not define who they are.
- Help children discover their gifts and talents.
- Use affirmations to empower children.



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### Activities to Promote Self-Esteem



Affirmation Love Language Cards

- Learning Goal
- Participate in group activities that encourage self-pride and build self-esteem.
- Objective Build self-esteem through affirmations
- Materials – Love language cards, mirror, poem

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### Mirror Poem



Mirror mirror what do I see, I see  
brilliance and excellence when I look at  
me. The words I choose to say today,  
bring positive thoughts  
And messages my way.

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### Inspiring Change Agents by Teaching Empathy & The Value of Giving

- Learning about Black leaders encourage children to become change agents promote
- Kindness
- Giving Back – Humanity \* Community
- Inspire children and tap into their full potential creating leaders that change the world.
- Not waiting for others, answering the little voice within “I Can”.

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What is something you have learned about building children's Self Esteem?

Group Chat - Respond using the chat box...

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