

The following resource sheet;

1. You are unique and loved is the first of three that are in a unit. The next resource in sequence is;

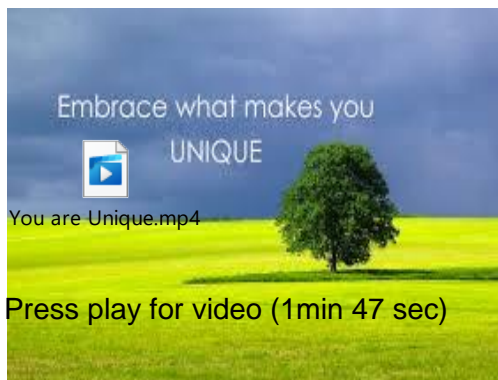
2. How faith can help you know you are loved and unique followed by;

3. Knowing you are loved and unique can transform your life.

All resource sheets can be found on the Kandle website.

1. YOU ARE UNIQUE AND LOVED- RESOURCE SHEET

1. Video clip – Embrace what makes you unique (click on picture below- 1min 47sec)
2. Questions on clip
3. Two YouTube clips, one for Junior Cycle (7min 27 sec) and two for Senior Cycle. (“My Pale Skin”- 3min 11 sec-click on pictures below) and Dove Commercial (1min 14sec)
4. Questions on the clips
5. Written exercise on clip- reflection time
6. Written piece to read quietly -The snares of Comparison
7. Pair Work/Group work on the above piece



QUESTIONS ON CLIP:

Has anyone ever said those things to you?

Do you agree with them?

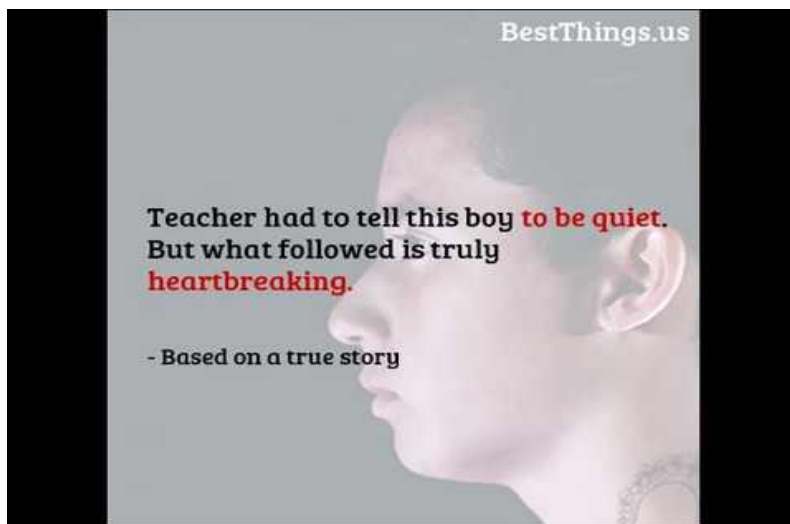
Is it more difficult to accept positive comments about ourselves or negative ones?

Why is that?

Do you think hearing positive comments changes how people feel about themselves?

YouTube clip (for junior cycle 7min 27sec)

Watch this short clip to see how hearing positive comments about yourself can be so important.



Questions for Discussion on the clip:

Why do you think the teacher had such a positive effect on her students?

Why do you think it is important to encourage people?

What was the message in this film clip?

YouTube clip (N.B: for Senior Cycle only – 3min 11sec)



Suggested Questions for discussion on “My Pale Skin”:

Why do you think the girl in the clip made this video?

What do you think of both the negative and positive comments?

What message did you get from this video?

(Possible answers: Be yourself- You won't please everyone-You cannot let what people think of you influence the way you view yourself. Your self- worth should not come from other people.)

YouTube Clip:

Watch the following clip which illustrates how the images of models we see on billboards does not reflect the reality.

<https://www.youtube.com/watch?v=iYhCn0jf46U&t=4s> – (1min 14sec)

Questions for discussion:

Were you aware before watching this clip the extent to which advertising companies airbrush models?

What effect does this unreal standard of beauty have on young people?

Exercise:

Write down three positive things about the person sitting next to you on a piece of paper.

Fold it up and hand it to them.

Reflection Time: Read the following written piece quietly to yourself.

YOU ARE UNIQUE AND LOVED

Albert Einstein said the following:

“Everyone is a genius. But if you judge a fish on its ability to climb a tree, it will live its whole life believing it is stupid.” I believe we are the fish, judging ourselves on our inability to climb a tree. And, time and time again, we live in the lie that we are inadequate.

We often compare ourselves to others when we are feeling insecure, vulnerable, incompetent, unworthy, or unnoticed.

Have you ever thought any of these things?

“If I was more like (insert name) then...”

“If I was more (insert skill) then...”

“If only I had what (insert name) has then...”

Then what? You'd be more attractive? More popular? More loved? More successful? Then you'd be happy?

Have you ever noticed that when you compare yourself to someone, you take your worst trait and hold it up to his or her best trait?

Weighed down by the chains of comparison, we are unable to live joyfully. We spent so much time focusing on others that we fail to look at ourselves through God's eyes.

To you, God speaks these words: "You are my beloved child, with you I am well pleased."

YOU are God's beloved. Do you know that?

For some of you, this might be the first time those words are taking root in your heart. Beloved. For others, you have heard it and know it; but there are moments, or days, or even months when you forget who you are and whose you are.

Henri J.M. Nouwen in his book, *Life of the Beloved*, wrote the following:

"Yes, there is that voice, the voice that speaks from above and from within and that whispers softly or declares loudly: 'You are my Beloved, on you my favour rests.' It certainly is not easy to hear that voice in a world filled with voices that shout: You are no good, you are ugly; you are worthless; you are despicable, you are nobody — unless you can demonstrate the opposite."

It is when we forget we are beloved, when we forget we are God's precious children—made in His image—that we begin to compare ourselves to others. And when we do, we lose sight of the gifts God has bestowed on us and calls us to share with those around us.

Saint Paul, in his letter to the Corinthians, uses the analogy of the human body. He notes that the body is made up of many parts — hands, eyes, feet, arms, legs. Though these parts are all distinct and have different functions, they are all vitally important to the body. We need all these parts, for if the whole body were an eye, we would not be able to taste or hear. Or, if the whole body were an ear, we would not be able to see or feel. Saint Paul goes on to write: "As it is, there are many parts, yet one body. The eye cannot say to the hand, 'I do not need you,' nor again the head to the feet, 'I do not need you.' Indeed, the parts of the body that seem to be weaker are all the more necessary, and those parts of the body that we consider less honourable we surround with greater honour, and our less presentable parts are treated with greater propriety, whereas our more presentable parts do not need this. "So, you see, we all need each other because together we make up the Body of Christ.

But what do you do when you're caught in the snares of comparison?

1. Write down a handful of things you love about yourself and put that list in a place you will see each day, like your mirror, locker, or notebook.

2. If you say something negative about yourself, follow it up by saying three positive things about yourself.
3. Compliment a different person every day It's often surprising how grateful people are. Guess what? Most people don't recognize their gifts and talents either; we're better at focusing on our weaknesses. Help others realize their beloved-ness! It will bring you joy. Giving people gifts make us happy and compliments and words of praise are also gifts we can give to people.
4. Surround yourself with people who love you for who you are and encourage you to be the best version of yourself.
5. Get rid of sources that feed your insecurity Are there magazines you subscribe to, or social media accounts you follow that leave you feeling bad about your body? It might be time to find new stores, cancel subscriptions, and hit "unfollow" a few times.
6. Continue to pray and ask God to help you see how beloved you are.

Group work/Pair work:

1. Each person in the group choose one sentence that they liked from the passage above.

Everyone takes turns to call their sentence out and to say why they chose it.

2. As a group/pair can you add one more suggestion to help when we are caught in the snare of comparison



Resource compiled by Hilda Campbell.

Diocese of **Kildare and Leighlin.**