

Establishing self-esteem is one of the most critical challenges facing young people today. The Subject is Me! Is a valuable tool for students and those entrusted with their care.

STUDENTS QUICKLY MASTER THE CONCEPTS AND INTEGRATE THE COURSE INTO THEIR LIVES

Low self-esteem results from lapses in specific kinds of critical thinking and can accompany many other problems in living such as anger, anxiety, depression, substance abuse and so forth.

Delivered in two self-paced lessons, **The Subject is Me!** encourages higher levels of rational thinking and self-esteem which can lead to improved problem solving in life.

Low self-esteem doesn't just go away.



This program fosters the kind of thinking skills listed in state and federal guidelines.

KnowConflict Presents: The Subject is Me! A Self-Esteem Program for Middle and High School Students

YEARS IN DEVELOPMENT, OUR PROGRAM IS THOROUGHLY TESTED AND PROVEN

The Subject is Me! emerged from over a decade of research by Dr. John J. Horan, a Professor of Counseling Psychology at Arizona State University.

This highly interactive program continually assesses the presence of irrational beliefs, illustrates their self-defeating consequences and teaches multiple alternative perspectives.

Engaging graphics and streaming multi-media features enable students to gain a vivid picture of how thoughts impact their self worth and behavior.

The Subject is Me! is available 24/7 online, allowing students to progress at their own pace from any location.

Self-Esteem Program Elements:

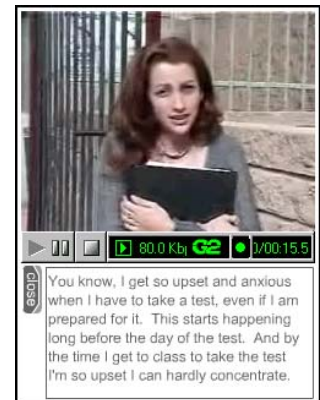
- Lesson 1** *How I Look*
 - On Being Liked*
 - Family Criticism*
 - Fear of Failure*
 - Appearance and Self-Worth*
 - Doing Well*
 - Losing Friendships*

- Lesson 2** *Parent Problems*
 - Put-Downs*
 - Cutting Corners*
 - Being Snubbed*
 - Frustration*
 - Being Controlled*

Online courses work. Our programs are empirically validated and proven effective. But most important – students relate to our courses and find them beneficial.



Students can make choices based on how "close to home" a topic hits.



A screen example from the program showing you what the students experience.

KIDS NEED IT. PARENTS EXPECT IT. YOUR SCHOOL SHOULD PROVIDE IT.

Adolescents who lack self-esteem often have lower academic and vocational goals and display other problems in living. Your school can provide the essential life skills and tools for success that every student needs — and deserves.

Call us at (480) 951-2157, email us at info@knowconflict.com or go to www.knowconflict.com and learn how to bring **The Subject is Me!** to your school.