



# Confidence and self esteem workshop

# Workshop aims

- ▶ Understand how low self-esteem and confidence can impact your child.
- ▶ Identify steps you can take to help with low self esteem and confidence
- ▶ Signpost additional resources

# What is self esteem



## Working in small groups.....

- ▶ Can you identify some causes of low self esteem.
- ▶ How can we help young people with low self esteem.

# Causes of low self esteem

- ▶ Adolescence / physical and emotional changes / body image
- ▶ Academic pressure and expectations in school
- ▶ Identity - feeling like you don't fit in or are different to your peers
- ▶ Bullying / online bullying
- ▶ Moving school / changes in friendships
- ▶ Relationship break ups

# Dealing with low self esteem and confidence

- ▶ Ensure young people are looking after their physical wellbeing / getting enough sleep / exercise / eating well
- ▶ Set mini goals that can be celebrated, for example, if you are learning to cook, celebrate learning a new recipe each week.
- ▶ Join a club or group / make new friends
- ▶ Speak about how you're feeling to people you trust
- ▶ Unfollow accounts - keep social media as something you can enjoy and get a positive experience from
- ▶ Find positive role models

# Keep a journal.....

- ▶ Try writing down your moods every day. This will encourage you to question your negative thoughts and pay more attention to the amazing things that make you who you are.
- ▶ Whenever you think a negative thought about yourself, ask how true it is. And try to come up with a positive thought in its place. It might help you think about how you would reassure a friend if they were in the same situation.

# Building confidence after online bullying



# Case study

- ▶ Katie is 12 and has just moved to the local academy. Her best friend has met a new peer group and no longer wants to spend time with Katie. Katie is convinced that this is because she is boring and that the other girls are more interesting than her. Some of her classmates have made fun of her in a WhatsApp group and this has really upset her and impacted on her self-esteem.
- ▶ Katie used to play basketball and enjoyed sport but no longer plays since moving school. She also enjoys cooking and art in her spare time.
- ▶ How can you help Katie with her self-esteem and confidence?

# Helping Katie.....

- ▶ *Help her to find a supportive peer group.*
- ▶ *Identify friends / family and professionals she can speak to about her feelings.*
- ▶ *Use her interest in art to help boost her self-esteem*
- ▶ *Encourage her to get involved in sport again.*
- ▶ *Contact the school / guidance teacher about Katies low self-esteem and being targeted by others in the WhatsApp group.*
- ▶ *Discuss her use of social media and how it impacts her wellbeing.*
- ▶ *Encourage her to keep a journal where she can explore and challenge her unhelpful thoughts.*
- ▶ *Highlight online resources that can help her understand issues with self-esteem and confidence.*
- ▶ *Identify positive role models.*

# Who can help.....

- ▶ GP
- ▶ Guidance teacher
- ▶ School nurse
- ▶ Pupil support worker
- ▶ Youth worker

# Online resources.....

- ▶ Childline – building confidence and self esteem  
<https://www.childline.org.uk/info-advice/your-feelings/feelings-emotions/building-confidence-self-esteem/>
- ▶ Young minds – believe in yourself <https://youngminds.org.uk/find-help/looking-after-yourself/believe-in-yourself/>
- ▶ Young Scot - <https://www.mind.org.uk/information-support/types-of-mental-health-problems/self-esteem/#.VzoWuE1OXug>