



Teen Self-Esteem Month

May 2025

What is Self-Esteem?

Self-esteem is how you think and feel about yourself.

It includes:

- how much you value yourself and feel confident in who you are
- how accepted you feel by peers and family
- how capable you believe you are in handling life's challenges
- how you perceive your abilities, appearance, and place in the world.



What are the Key Influences on Self-Esteem?



Family relationships
and support



Cultural and societal
expectations
(including body image,
gender roles, etc.)



Social media and
online comparison

School performance
and pressure



Friendships and peer
acceptance

If you would like further information about self-esteem please contact Kate - FCC
Education Specialist Phone: 07515 098172 Email: education@fccharity.org.uk



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Ways to Boost Self-Esteem



10 practical ways to boost self-esteem



Celebrate Your Strengths:

Make a list of things you're good at or proud of—big or small—and revisit it often.

Set Achievable Goals: Break big tasks into smaller steps and celebrate progress, not just results.



Limit Social Media Comparison: Remember that people often post highlights, not real life.

Focus on your own journey.



Surround Yourself with Positivity: Spend time with people who uplift and support you.



Practice Self-Compassion: Be kind to yourself—talk to yourself like you would a friend.

Try New Activities: Exploring hobbies or joining clubs can help you discover new talents and meet like-minded people.



Take Care of Your Body: Regular sleep, exercise, and healthy eating can improve your confidence.

Help Others: Volunteering or supporting others can give you a sense of purpose and value.

Speak Up for Yourself: Practice expressing your thoughts and needs respectfully.

Talk to Someone You Trust: Sharing your feelings with a trusted adult can help you feel heard and supported.



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Positive Affirmations

What are Positive Affirmations?

Positive affirmations are short, powerful statements that you repeat to yourself to encourage a positive mindset and self-belief.

They help challenge negative thoughts and reinforce your strengths, values, and goals.

I am
CAPABLE

Believe
in
YOURSELF

I am
enough

How to Use Affirmations Effectively:

Daily Practice: Repeat your affirmations daily, preferably in the morning or before bed, to reinforce positive beliefs about yourself.



Personalisation: Modify the affirmations to make them more personal and relevant to you. You could write out your affirmation, draw pictures or use colours, then put it somewhere you will see it every day.



Visualisation: As you say each affirmation, visualise yourself embodying the statement. This can enhance the effectiveness of the affirmation.



Consistency: Consistency is key. The more you practice, the more you can rewire your brain to focus on your strengths.



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Positive Affirmations



Who Uses Positive Affirmations?



Lupita Nyong'o: "I think the most important thing in life is to be true to yourself, and in order to do that, you have to be happy with who you are."

Lizzo: "You deserve all the space in the world to breathe, expand, contract & give me life. I love you."



Michael Jordan: "Never say never because limits, like fears, are often just an illusion."



Brene Brown: "I'm fearless, always showing up no matter the outcome."

Stephen Covey: "I am not defined by my history."



Alicia Keys: "I love myself as I am."

LeBron James: "You can't be afraid to fail. It's the only way you succeed. You're not going to succeed all the time, and I know that."



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Printable Positive Affirmations

I am worthy of love
and respect.



**Be
Yourself**

I can express my
true self.



I am constantly
growing and
evolving.

**PROUD
to be ME!**

I am proud of my
accomplishments,
big and small.

**I am
enough**

I am enough just as
I am.

I believe in me

I believe in my
abilities.



I choose to see the
good in myself.

**I CAN
- and -
I WILL**

I have the power to
create the life I
want.



I deserve happiness
and success.

**I CAN
DO IT**

I am capable of
achieving my
dreams.



I embrace my
uniqueness and
celebrate my
individuality.

**LIFE is TOUGH
BUT SO AM I**

I am resilient and
can overcome any
challenge.



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Resources and organisations



For articles and real-life stories:
<https://www.mind.org.uk/for-young-people/feelings-and-experiences/confidence-and-self-esteem/>

For more tips and signposts for where to get further help:
<https://www.youngminds.org.uk/young-person/coping-with-life/self-esteem-and-believing-in-yourself/>

YOUNGMINDS



For free downloadable resources such as the Self-Esteem Self-Help book:
<https://www.camhs-resources.co.uk/downloads>

For videos with transcripts:
<https://www.bbc.co.uk/bitesize/articles/zntr7v4>
For further info for carers:
<https://www.bbc.co.uk/bitesize/articles/zxgh46f>



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