

WORLD TEEN MENTAL HEALTH DAY

02 MARCH 2023



10 THINGS YOU CAN DO TO HELP YOUR TEENAGER STRENGTHEN THEIR SELF-ESTEEM:

1. Work with your teenager to think critically about social media - encourage them to follow 'real' people and ensure you model responsible social media usage.
2. Encourage them to learn to do new things - play an instrument, wash the car, walk the dog, paint etc.
3. Focus on your teenager's effort and accomplishments - encourage them to accept their best.
4. Be patient when they make mistakes - perfection is never the goal.
5. Encourage them to surround themselves with people who uplift them.

10 THINGS YOU CAN DO TO HELP YOUR TEENAGER STRENGTHEN THEIR SELF-ESTEEM:

6. Help them to understand that the thoughts they have about themselves matter - are they too critical of themselves, or do they overhear you being critical of yourself?
7. Help them to set goals and work toward achieving them.
8. Encourage them to give to others and help where they can.
9. Help them to focus on the positives in life (even if they are small) instead of dwelling on the negatives.
10. Help them understand that self-worth should not come from superficial things.