

Self-esteem & Confidence

WHAT IS SELF ESTEEM?

Your self-esteem is how you think and feel about yourself.

Your self-esteem can affect how much you:



Like and value yourself as a person.

Believe in yourself and the things you can do.



Stand up for yourself when under pressure.

Are willing to try new or difficult things.



Move on from mistakes without blaming yourself unfairly.

Believe you matter and are good enough.

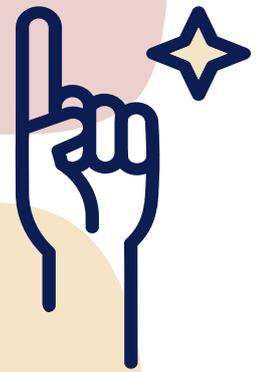


Believe you deserve happiness.

If we have high self-esteem, we feel good about ourselves. And if we feel confident, we feel like there are things we're good at. **But sometimes, our confidence gets knocked, or we don't like ourselves very much.**

We can all feel like this at times, but when we feel like this for a long time, it can become a problem.

We're here to help you find a way.



WHAT IS CONFIDENCE?

Confidence is about: Believing in yourself, your abilities, and ideas – this could be knowing a suggestion you have in class is a good one, feeling like you can learn a new song your band wants to perform, or knowing you can ask someone out without getting cold feet.

Understanding and accepting yourself for who you are – like being proud of your sexuality or hair colour, being okay with not being great at sports, or not wanting to change yourself to fit in with others.

Confidence doesn't mean being 'outgoing'. You can be quiet or shy and still be confident. And even when someone's the loudest person in the room, that doesn't always mean they're feeling the most confident inside.

If you have high self-esteem, the way you think and feel about yourself is likely to be positive. But if you have low self-esteem, you may find that the way you think and feel about yourself is more negative, and you may feel less able to stand up for yourself.

WHAT CAN AFFECT MY CONFIDENCE AND SELF-ESTEEM??

Negative experiences can lower your confidence and self-esteem, like going through a breakup or being teased about your appearance. And positive experiences can boost your confidence and self-esteem, like doing well on a test, getting a compliment on how you look, or doing something nice for a friend or neighbour.

Whatever affects your confidence or self-esteem, it's important to remember that **you have the right to feel good about yourself.**

But other experiences may only negatively affect our confidence and self-esteem, like:



Physical or mental health problems that affect our ability to do certain things or be understood by others.



Peer pressure to fit in.



Pressure to achieve in exams, sport or other hobbies.



Being bullied or abused.



Experiencing stigma or discrimination.



Moving away from where we feel safe, like away from family or friends.



Family problems.



Relationship problems.

What affects your confidence and self-esteem can be different for different people. These experiences might affect our confidence or self-esteem positively or negatively:



Your results at school or college.

Social media or adverts.



The level of support you receive from people you trust.

Your body image and how you feel about your appearance.



Your achievements or skills.

HOW CAN I BUILD MY CONFIDENCE AND SELF-ESTEEM?

Building your confidence and self-esteem can take time and practice. And what helps you now may not be the same thing as what helps in the future. But there's lots of things you can do to improve the way you feel about yourself and your abilities.

It might feel like a big step to make changes. Start by trying a couple of new things each week, until you find what works for you. Go at your own pace and don't put too much pressure on yourself – small changes can make a big difference.