



Parent Support Booklet

Confidence & Self-esteem

Determination

Honesty

Readiness

Respect

Spark

Confidence and self-esteem

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 children's confidence gets knocked, or they have periods of times where they don't like themselves very much.

Feeling like this at times is 100% normal, but when children feel like this for a long time, it can become a problem.

Whatever affects your child's confidence or self-esteem, it's important to remember that they have the right to feel good about themselves. We're here to help you find the best way to support them.

Here are some of the most common questions that children ask:

- ⇒ What is self-esteem?
- ⇒ What is confidence?
- ⇒ What can affect my confidence and self-esteem?
- ⇒ How can I build my confidence and self-esteem?
- ⇒ Where can I go for help and support?



What is self-esteem?

Self-esteem is how your child thinks and feels about themselves. Low self-esteem can affect how much they:

- ⇒ like and value themselves as a person
- ⇒ believe in themselves and the things they can do
- ⇒ stand up for themselves when under pressure
- ⇒ They are willing to try new or difficult things
- ⇒ Unable to move on from mistakes without blaming themselves unfairly
- ⇒ believe they matter and are good enough
- ⇒ believe they deserve happiness.

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

Example

When Matt's self-esteem was low, he didn't feel like he was clever and he worried about the way he looked. He stopped trying in English lessons, as he thought he'd never be any good at English. He also stopped wearing clothes he liked, because he thought no-one would be interested in him.

Matt then found a couple of new friends who dressed how he liked to. When he told them he was struggling with English, they offered to help him with any problems he was stuck on.

Now Matt dresses how he wants, and feels good about it. He also finds it easier to keep trying in English lessons, even when he's finding things difficult.

What is confidence?

Confidence is about:

Believing in themselves, their abilities and ideas – this could be knowing that a suggestion they had in class was a good one, feeling like they can learn a new song their band wants to perform, or knowing they can ask someone out without getting cold feet.

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

Confidence doesn't mean being 'outgoing'. They 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.

Example:

Aneesa used to have little confidence in herself. Her mum and her friends all said she had a gift for writing but she felt embarrassed by it. She used to hide her stories and hope her English teacher wouldn't read her work out loud.

Now Aneesa is building up her confidence and it's making a difference. She sticks motivational messages and pictures on her walls. She also keeps a list of nice comments anyone makes about her writing – so she can read them when she feels unsure of herself.

Although Aneesa still doesn't want to read her stories out loud in class, she feels confident enough to submit a story to a national competition. She's really proud of how much her confidence has grown.

"I think accepting who you are and being proud of anything which makes you different is very important, there is only one version of yourself."

What can affect my confidence and self-esteem?

Negative experiences can lower confidence and self-esteem. Going through a breakup or being teased about their appearance are two of the most common causes we see for teenagers. Positive experiences can boost their confidence and self-esteem, like doing well on a test, getting a compliment on how they look, or doing something nice for a friend or neighbour.

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

- ⇒ Their results at school or college
- ⇒ Social media or adverts
- ⇒ The level of support they receive from people they trust
- ⇒ Body image and how they feel about their appearance
- ⇒ Their achievements or skills.



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

- ⇒ physical or mental health problems that affect their 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 they feel safe, like away from family or friends
- ⇒ family problems
- ⇒ relationship problems.



They may be affected by other experiences that aren't on these lists. They might also have had low confidence or self-esteem for a long time, which can make it hard to understand why they're feeling this way.

Quote from a child —

"Seeing other people choose to spend time with me helped me to realise that there are lots of things I like about myself, and to worry less about what they thought about me."

Changes to your confidence and self-esteem

You may feel like their confidence or self-esteem changes from day to day, or that there's been a more noticeable change over time.

If their confidence or self-esteem have been low for a long period of time, they along side yourself, should seek advise from your doctor. They will be able to see if their low confidence or self-esteem is linked to a additional mental health problem, like depression or anxiety. They will also be able to talk you both through some different support options, like counselling, to see what's right for them.

Seeking Help

If their confidence or self-esteem has been low for a long period of time, we advise you to talk to either a member of staff in their school, your family doctor or a mental health professional. School staff can offer guidance, support and may be able to refer to services within school. If you would prefer not to involve school then a doctor would be able to see if there are any concerns around low confidence or self-esteem and signpost you to outside services. They will also be able to talk you through some different support options, like counselling, to see what's right for your child.

How can I build my confidence and self-esteem?

Building confidence and self-esteem can take time and practice. What helps them now may not be the same thing as what helps in the future. There are lots of things you can do as a parent to improve the way they feel about themselves and their abilities.

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



How to help boost confidence and self-esteem:

- ⇒ Encourage them to be kind to themselves
- ⇒ Encourage them to look after themselves
- ⇒ Focus on the positives
- ⇒ Spend time with people you love or enjoys spending time with
- ⇒ Teach them to assert themselves
- ⇒ Do things they enjoy
- ⇒ Encourage them to act with confidence when they don't feel it
- ⇒ Try something new

'I have to present in front of my class, what can I do?'

Here are some tips to give them to help them prepare :

- ⇒ practice in front of your mirror, and then in front of you, a friend, or a pet
- ⇒ act confident, even if they don't feel it
- ⇒ be honest with how they they're doing
- ⇒ try not to compare themselves to others, or think about what they think of themselves
- ⇒ Try and get them to see it as a way of learning, not a chance of failing



Self Esteem work that can be done at home between Parent & child



Dove self esteem work is a fantastic tool for your child to work through either by them selves or with a parent/carer.

There is also lots of guidance and support about how best to help you child if they are struggling with a variety of different mental health conditions.

www.dove.com/uk/dove-self-esteem-pr

The topics that the Dove work covers

Family, friends & relationships

How to tackle teasing & bullying

Respecting & looking after yourself

Talking about appearance

Social media & self esteem

Self Esteem work that can be done at home between Parent & child

How Do People See Me and What Do They Think of Me?

Over the next few pages, there are a number of resources which will support a young person to help them think about how they are perceived by others.

Often, young people who are having a difficult time (or those with generally low self-esteem) may think that others see them negatively, which only makes them feel worse and worry more. This resource is an opportunity for you to discuss which of these things they think are true about them and then talk through why they think this is the case.

Ask the young person:

- Why do you think people would say this about you? Do you feel that is true?
- What can we do to change that behaviour and make it positive?
- If we changed these things, how do you think people would see and think about you then?

If a young person is really struggling to believe that anyone could see or think something positive about them, ask a close friend/parent/carer/teacher to complete the statements to show the young person their positive qualities.

How Do People See Me and What Do They Think of Me?

Please circle or tick the statements you think about yourself.

I am kind

I am clever

I am helpful

I don't listen

I don't say how I feel

I have lots of friends

I cause trouble

I follow the rules

I am angry

I am good at sport

I get others into trouble

I copy what others do

I can be trusted

I know what I want to do

I am good fun to be with

I don't care about my education

I am hardworking

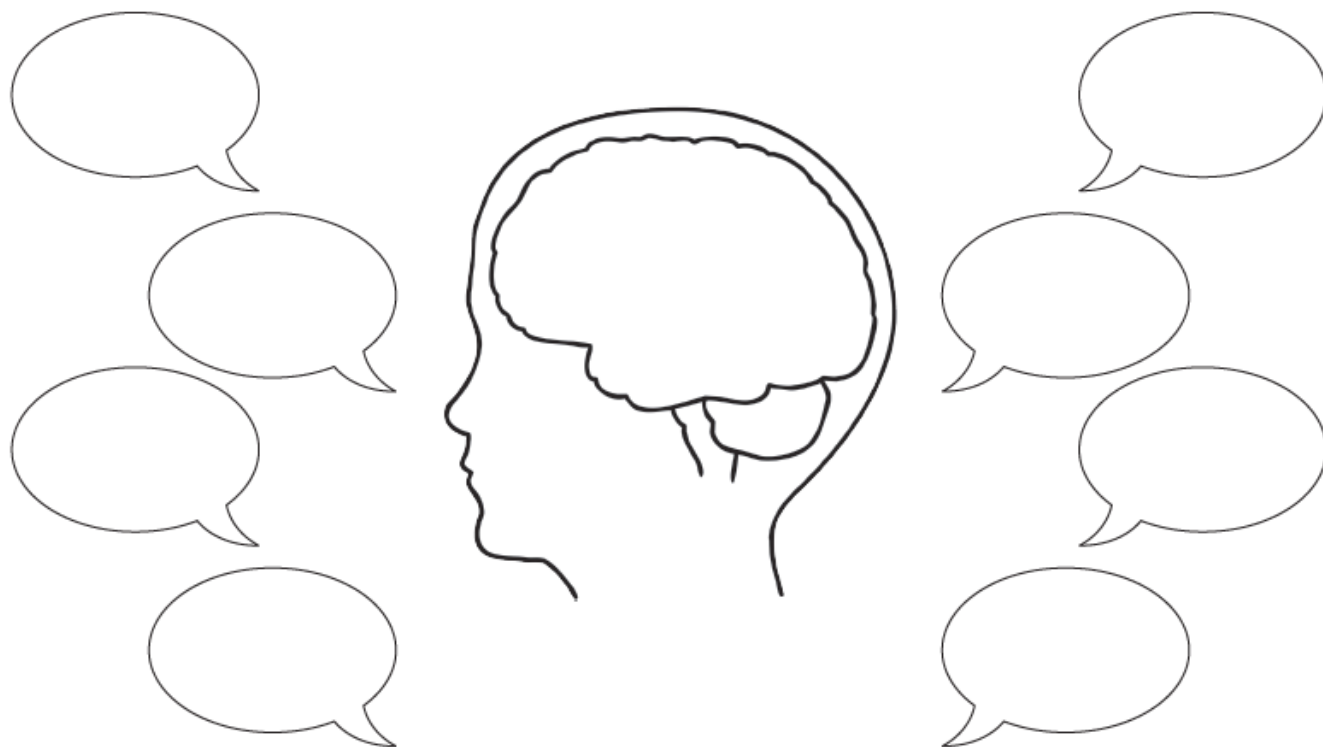
I am cool



Self Esteem work that can be done at home between Parent & child

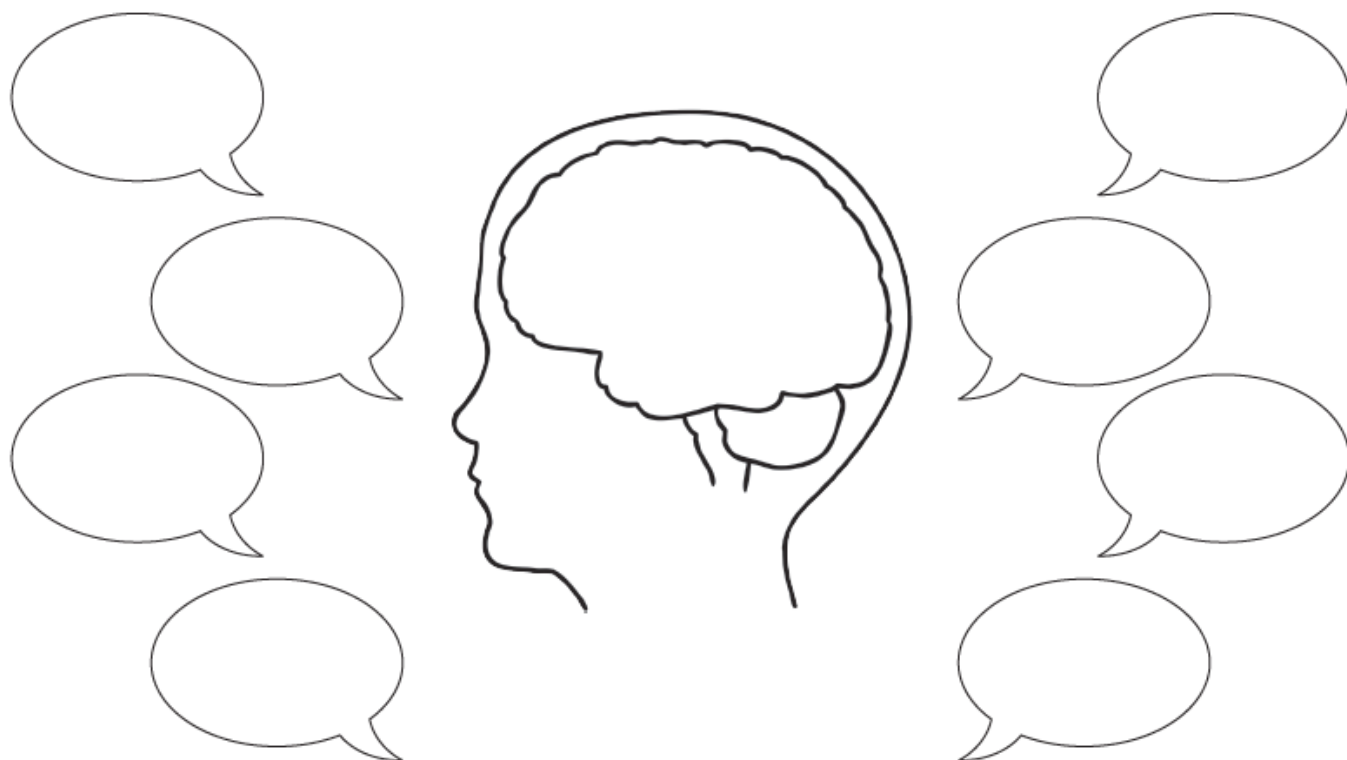
How Do People See Me and What Do They Think of Me?

Now, let's think about what your friends might say about you. You can use some ideas from the previous activity, but try to think of your own as well.



How Do People See Me and What Do They Think of Me?

Finally, let's think about what you think your teachers might say about you.



Self Esteem Journal

Monday

Something I did well today....

Today I had fun when.....

I felt proud when.....

Tuesday

Today I accomplished...

I had a positive experience with (a person, place or thing)....

Something I did for someone.....

Wednesday

I felt good about myself when...

I was proud of someone else....

Today was interesting because....

Thursday

I felt proud when....

A positive thing I witnessed....

Today I accomplished....

Friday

Something I did well today..

I had a positive experience with (a person, place or thing)....

I was proud of someone when....

Saturday

Today I had fun when...

Something I did for someone....

I felt good about myself when....

Sunday

A positive thing I witnessed....

Today was interesting because.....

I felt proud when.....



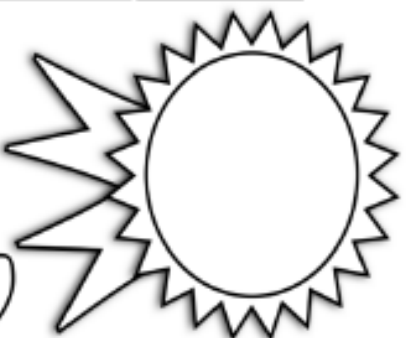
Date _____

Wellbeing Diary

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday



Proudest moment



Helping hand



Relaxing moment



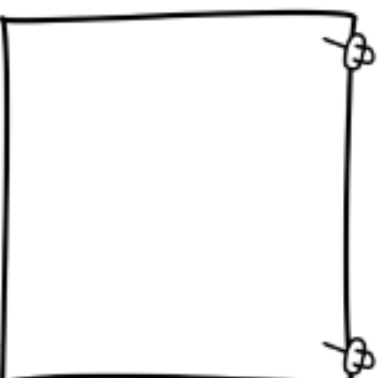
Achieved



Happiest moment



Funniest moment



Helplines and phone support

YoungMinds Crisis Messenger



Provides free, 24/7 crisis support across the UK if you are experiencing a mental health crisis

If you need urgent help text YM to **85258**

All texts are answered by trained volunteers, with support from experienced clinical supervisors

Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.

Samaritans



If you're in distress and need support, you can ring Samaritans for free at any time of the day or night.

Freephone (UK and Republic of Ireland):

116 123 (24 hours)

Email: jo@samaritans.org

Childline



If you're under 19 you can confidentially call, email, or chat online about any problem big or small

Freephone 24h helpline: 0800 1111

[Sign up for a childline account](#) on the website to be able to message a counsellor anytime without using your email address

Chat 1:1 with an [online advisor](#)

The Mix



If you're under 25 you can talk to The Mix for free on the phone, by email or on their webchat. You can also use their phone counselling service, or get more information on support services you might need.

Freephone: 0808 808 4994 (13:00-23:00 daily)

SupportLine



Offers confidential emotional telephone support in the UK for men, women, children and young adults.

Helpline: 01708 765200

Email: info@supportline.org.uk

SHOUT UK



Text SHOUT to 85258 for free 24/7 crisis support.

Shout is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help. Linked to the Heads Together Campaign.

HOPELINE UK



Run by Papyrus – the charity for prevention of young suicide

For children and young people under the age of 35 who are experiencing thoughts of suicide

For anyone concerned that a young person could be thinking about suicide

If you are having thoughts of suicide or are concerned for a young person who might be you can contact HOPELINEUK for confidential support and practical advice.

Call: 0800 068 4141

Text: 07860039967

Email: pat@papyrus-uk.org

Opening hours:

9am – 10pm weekdays, 2pm – 10pm weekends, 2pm

– 10pm bank holidays

MARPLE HALL SCHOOL WELLBEING SUPPORT

Check Your Battery

How are you feeling?



MENTAL
health
CHECK IN:

The Great	_____
Good	_____
OK	_____
Alright-ish	_____
Struggling	_____
Empty	_____

There are lots of ways to get help for your wellbeing at school and to get involved in wellbeing activities. Our wellbeing strategy is all about building the tools to **look after ourselves, look after each other and to seek help when we need it.**

There is lots more information on the website, around the school, on the Pastoral Hub, in tutor periods and from members of staff. If you have any questions please contact your **form tutor, Pastoral Manager, Head of Year, the Wellbeing team, any member of staff** of email wellbeing@marplehall.stockport.sch.uk you can also follow our wellbeing on Instagram @mhswellbeing

Counselling services online

Your online mental wellbeing community
Free, safe and anonymous support

www.Kooth.com

kooth

YoungMinds Crisis Messenger



Call our Parents Helpline for detailed advice, emotional support and signposting about a child or young person up to the age of 25.

You can call us for free on 0808 802 5544 from 9:30am - 4pm, Monday - Friday.

- **Our Parents Helpline is available in England, Scotland, Wales and Northern Ireland.**
- **You'll get through to a trained adviser who will listen and talk through your concerns in complete confidence.**

Charities



Parenting Mental Health is a registered charity that supports, connects and educates parents of young people with mental health issues.



Dove Self Esteem work

Please refer to our earlier page with all the information on how to access the Dove resources.

If you do not have access to a computer please ask school and we may be able to print the resources out for you to access with your child.