



When teenagers get something wrong:

- Avoid turning molehills into mountains.
- Show them a way they can make amends.
- Remind them of what they do well and when they get things right.
- Point out what is bad luck and what is not their fault.



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Self Esteem and Your Teenager



*What is self esteem
and why is it important?*

Self esteem is the way we feel about ourselves. Teenagers with relatively high self-regard are usually healthier, make better students and have stronger social relationships. They are bothered less by anxiety and are not so often depressed.

It is important to give our teenagers the skills to handle situations themselves. Most teens need to become more confident that;

- Problem usually can be worked out if we learn to persist.
- A problem in one part of our lives does not mean a problem in the whole of our lives.
- When things go wrong it is not always our fault, it is important to take responsibility, but not for everything that goes wrong. It is equally important to take responsibility for what goes right.
- Most parents want to reassure their teenagers that they love them. Lots of teenagers with low self esteem only need to be reassured that they are loved. What they need to know is that they are worthy of the love and that they have done something worthwhile.



How can you help build your teenager's self Esteem?

- Tell them when they get things right.
- Be specific about what you appreciate.
- Focus on what your teenager does, not what they are.
- When your teenager does something right do not take away the credit from them.



- Teenagers feel better when they know they have something to contribute. So encourage them to make more and more of their own decisions. Based on what's appropriate for your teenager's age and level of maturity, give your teen challenges and freedom to make choices, the opportunity to Experience independence and the chance to savour small successes that together add up to big ones.

