

Self Esteem



Positive self esteem is a necessary ingredient for a successful, happy life.

Avoid attaching negative labels to yourself.

Start feeling good about who you are and what you can do.

You are a unique person so display your special qualities.

By loving yourself and showing others that you love yourself, you are better equipped to handle peer pressure and resist the temptation of falling into negative activities.

Many young people fall for drugs or in the wrong company because they have low-self esteem.

Start feeling good about who you are and what you can do.

One thing will lead to another and before you know it, you won't even have to try to feel good about yourself you just will.

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