



# Building Self-Confidence and Self-Esteem in Adolescence

Presented by: Courtney Burns  
Zoe Yohe  
The Enrichment Center



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# Statistics

- ❖ 85% of people worldwide have low self-esteem.
- ❖ 75% of girls with low self-esteem reported engaging in negative activities like cutting, bullying, smoking, drinking, or disordered eating.
- ❖ 7 in 10 girls believe that they are not good enough or don't measure up in some way, including their looks, performance in school and relationships with friends and family members.
- ❖ More than 40% of boys in middle school and high school regularly exercise with the goal of increasing muscle mass.
- ❖ Among high school students, 44% of girls and 15% of guys are attempting to lose weight.

# Definitions

**Self-esteem:**

the sense of value and worth one has in themselves

**Self-concept:**

picture or perception we have of ourselves, mental model of our abilities/attributes.

**Self-confidence:**

a feeling of trust in one's abilities, qualities, and judgements

**Self-efficacy:**

the set of beliefs one can perform adequately in a particular situation

**Self-actualization:**

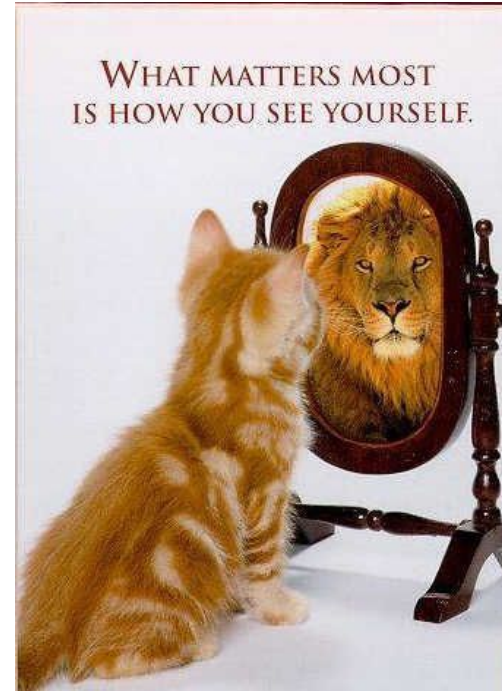
the realization or fulfillment of one's talents, and potentialities, especially considered as a drive or need present in everyone

**Self-awareness:**

conscious knowledge of one's own character, feelings, motives, and desires

# What is self-esteem?

- ❖ It is feeling good about yourself, putting a high value on your worth
- ❖ Refers to the way we see and think about ourselves.
- ❖ A strong and deeply felt belief that you as a person has value in the world.
- ❖ Your opinion of yourself.
- ❖ Examples: High- I am capable of hard things no matter how I am perceived. Low- I am not good enough and I will never succeed.



# What is self-confidence?

- ❖ The belief of and trust in your abilities
- ❖ Your willingness to take on new challenges
- ❖ Your ability to take responsibility for your actions
- ❖ Examples: High- Math is difficult and I can ask my teacher for help. Low- I am bad at math and will never be able to learn this.



# Factors that influence self-esteem

- ❖ Transitions
- ❖ Physical Appearance
- ❖ Social Stability
- ❖ Gender Differences
- ❖ Expectations (Realistic vs. Unrealistic)
- ❖ Family Support



# Factors that influence self-esteem

<b>Increase Self-Esteem</b>	<b>Decrease Self-Esteem</b>
Being praised	Experiencing continuous failure
Being listened to	Being expected to be perfect
Being spoken to respectfully	Being ignored or bullied
Receiving attention	Having physical or emotional punishment
Experiencing achievements	Being criticized
Having trustworthy peers	Negative support system

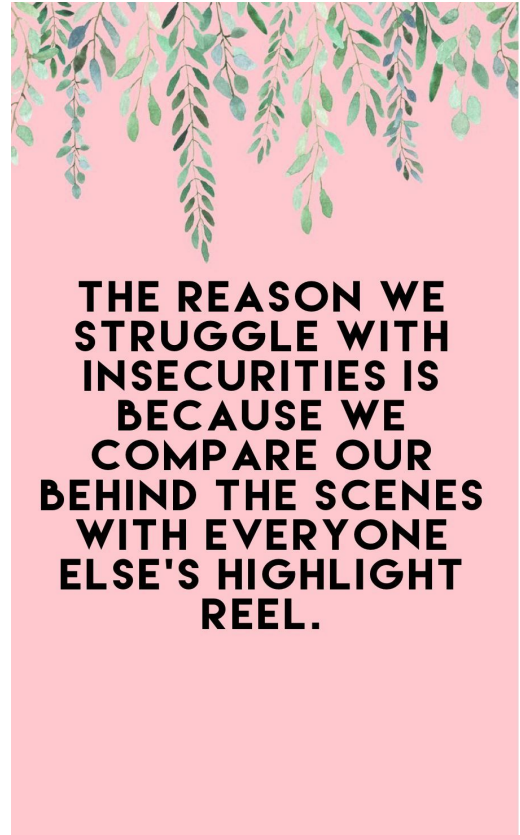


# Development of self-esteem

- ❖ A person develops his or her self-esteem through their own individual experiences.
- ❖ In this regard childhood development plays a significant role in shaping our self-esteem.
- ❖ Parental mirroring through early childhood, adolescence and young adulthood communicates acceptance, acknowledgment, and admiration. This contributes significantly to the development of self-esteem and self-confidence. When parental involvement is limited, children typically receive scant mirroring and encouragement.

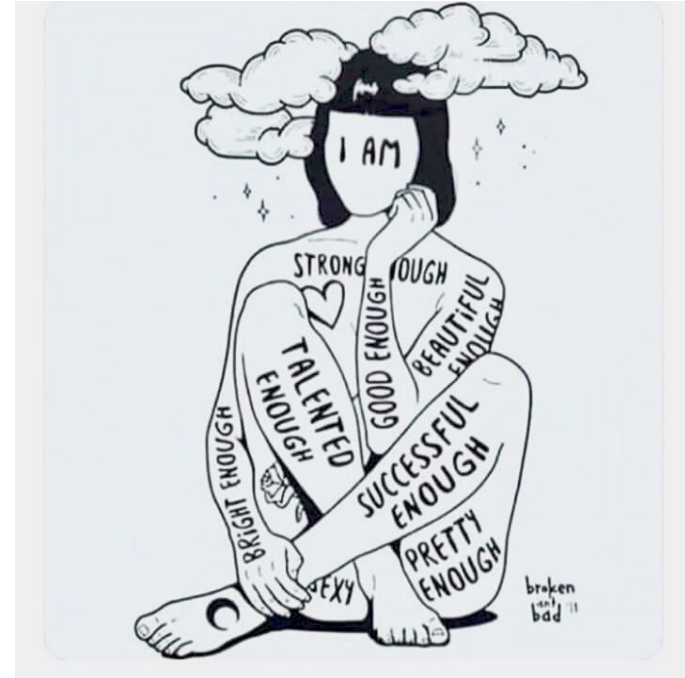
# Importance of self-esteem

- ❖ High esteem creates confidence, resilience, and overall happiness
- ❖ Pleasure and life satisfaction
- ❖ Sense of optimism
- ❖ Others desires or needs take priority over your own
- ❖ Low esteem causes depression, unfulfillment, insecurity, and low confidence
- ❖ Inner criticism- the nagging voice of disapproval inside you causing you to stumble and challenges seem impossible



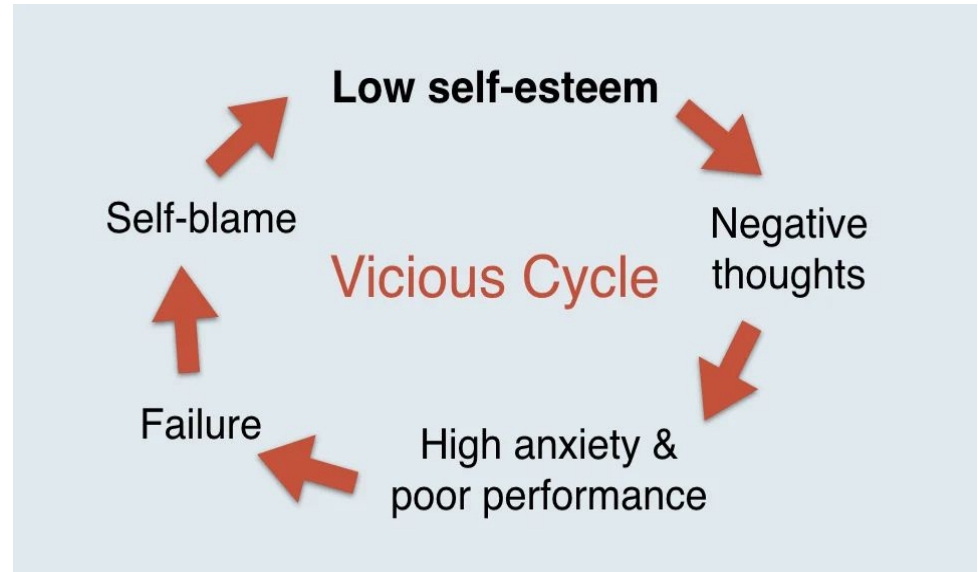
# Effects of good self-esteem

- ❖ You believe setbacks are temporary.
- ❖ You have confidence in many areas of your life.
- ❖ You confront challenges and are able to overcome them.
- ❖ Having good self-esteem will also affect your overall attitude and contributes to healthy choices you make and behaviors you display.



## Effects of low self-esteem cont...

- ❖ Individuals with lower self-esteem may also possess these following characteristics.
- ❖ Don't believe or trust in themselves
- ❖ View themselves as failure before even attempting
- ❖ Hard time forgiving themselves for their mistakes
- ❖ Believe they can never be as good as others
- ❖ Afraid to show their creativity due to fear of being ridiculed or criticized



# What I wish my parents knew...

"I already know I am fat. There is no need to make comments everyday."

"I wish they would stop making me feel guilty over small things."

"I just want my mom to listen to me without getting angry and yelling."

"I am never allowed to express myself freely and it is suffocating."

"It hurts the most when they do not trust my ability to do something."

"I wish they would show excitement and support about my activities."

"Stop calling me an idiot and playing it off as a joke."

"They always criticize me about grades even though I am an A/B student."

"They are strict on me but easy on my siblings."

# What I wish my teachers knew...

"How embarrassed I feel when they correct me outloud."

"I lose interest in the class once they are disrespectful."

"I struggle with mental illness and am afraid to ask them for help."

"Feeling harassed over one missing assignment."

"Being condescending when I ask a question."

"Knowing my teacher is homophobic makes me feel uncomfortable."

"Indirectly being called out during class is humiliating"

"Making inappropriate jokes about suicide and self-harm is hurtful."

"Taking their frustration out on me."

# What I wish my peers knew...

"When they aren't inclusive in class activities."

"Support goes a lot further when it is genuine."

"I can't express how I feel due to being judged or mocked."

"Small compliments brighten my day."

"Comparison based off grades negatively affects me."

"Their words can be impactful and it can make or break me."

"I wish they would stop body shaming me."

"Making negative comments about my social life or lack thereof."

"Stop being so critical of my outward appearance."

# Tedtalk

<https://youtu.be/0vdPxLfAsqo>



# Tips on improving self-esteem and self-confidence

- ❖ Set realistic goals for yourself
- ❖ Try to gain the most out of your strengths without demanding perfection
- ❖ Celebrate your own achievements
- ❖ Volunteer
- ❖ Learn a new skill
- ❖ Limit negative self-talk
- ❖ Take it one step at a time.



You,  
Yourself  
as much as  
anybody  
in the Universe,  
Deserve your  
Love  
and Affection

*TheMindJournal.com* - Buddha

# Tips on improving self-esteem and self-confidence in your student

- ❖ Set realistic goals and expectations with your student. Collaborate together on attainable goals that can be reached in varying amounts of time
- ❖ Celebrate your student's achievements!
- ❖ Praise your student's efforts (things they do well and things they struggle with)
- ❖ Model to your student how you build self-esteem and self-confidence
- ❖ Trust your student's abilities and communicate that trust
- ❖ Be aware of the words you use with and around your student
- ❖ Your student learns from how you talk to yourself and how you talk to them

# Resources

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