

Self Worth (parents and carers)

Noticing that a young person in your life has low self-worth or self-esteem can be difficult as a parent or carer. You may observe that they:

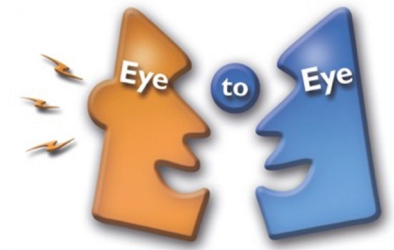
- lack confidence
- constantly compare themselves to others
- have difficulty in asking for help when they need it
- have anxiety and doubt their ability
- find it hard to accept compliments
- refer to themselves negatively or critically
- have a great fear of failure
- lack optimism about their future prospects
- lack boundaries or have difficulty enforcing them
- are a 'people-pleaser' or strive to gain approval from others

Young people with low self-worth/low self-esteem are found to be more at risk of anxiety, panic attacks, stress, and depression, so it's important that they get **appropriate help and support** to avoid these.

They are also shown to have a **higher risk of addiction**, regarding alcohol, drugs, gambling, and risky behaviours.

How can I help my young person to boost their self-worth?

- The biggest tip is to **show them unconditional love**.
- When you show somebody that you love and appreciate them for **exactly who and what they are**, they will learn that it's **okay to love themselves for exactly who and what they are**.
- When you tell them that they **don't need to achieve anything** to earn your love and respect, they'll be **much less likely** to put pressure on themselves to try to earn your love and respect.
- **Praise them** for their achievements and **help them to learn** from any mistakes.
- Spend **quality time** with them and show an active interest in the things that they do.
- Accept them for **who they are**.
- Help them to practice 'catching' and **reframing any negative thoughts** that they have about themselves (see 'Helpful resources')
- **Encourage them to talk** when they feel bad about themselves, or to talk to their school/community Eye to Eye counsellor who can help to build on their self-worth skills



"Sometimes we all need someone to talk to"



Helpful Resources

[Young Minds: Parents Guide: Self-esteem](#)

[YouTube: How to help your teenager with low self-confidence](#)

[Better Health: Reframing unhelpful thoughts](#)

Useful Contacts

Eye to Eye Counselling Service:

01443 202940

Email: info@eyetoeye.wales

Young Minds Parents Line

0808 802 5544

www.youngminds.org.uk

Childline

08000 1111

www.childline.org.uk (online chat)

The Mix

0808 808 4994

www.themix.org.uk (online chat)

