

# **Girls' Self-Esteem A Foundation for Healthy Living**

Parenting Now  
Parent Symposium  
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# Self-Esteem

- How we value and perceive ourselves
- How valuable we think we are to others
- Concerns our thoughts, feelings, behaviour
- Impacts our relationships and all areas of our lives

Self-esteem is learned

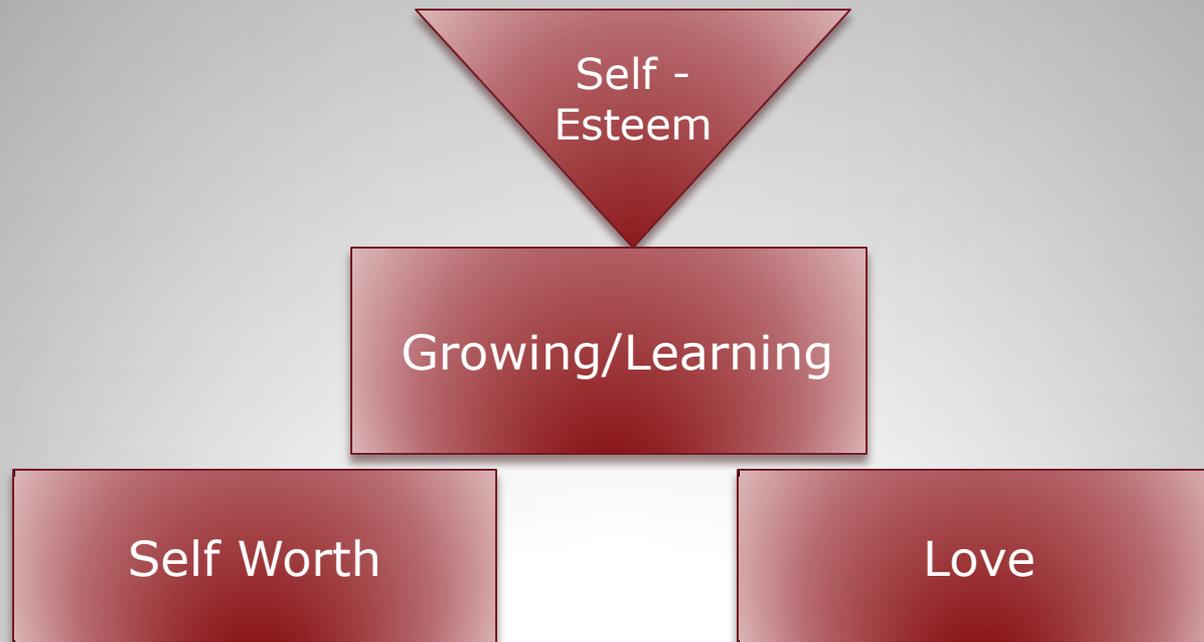
Self Worth

Self-Esteem      Self-Image

# Mental Health

- ❑ Mental Health is a Continuum  
what helps and what challenges
- ❑ Positive factors for mental health  
involve areas for the individual,  
family, school, peers, community

# The Foundation of Self-Esteem



# A Self-Esteem Checkup \*

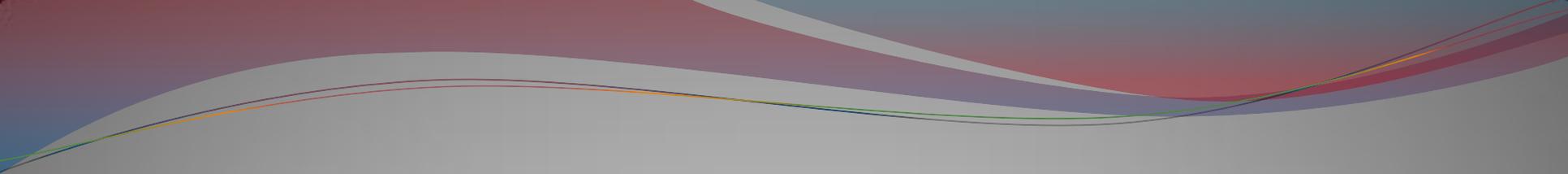
- I am a worthwhile person.
- I am as valuable as a person as anyone else.
- I have the qualities I need to live well.
- When I look into my eyes in the mirror I have a pleasant feeling.
- I don't feel like an overall failure.
- I can laugh at myself
- I am happy to be me.
- I like myself, even when others reject me.
- I love and support myself, regardless of what happens.
- I am generally satisfied with the way I am developing as a person.
- I respect myself.
- I'd rather be me than someone else.

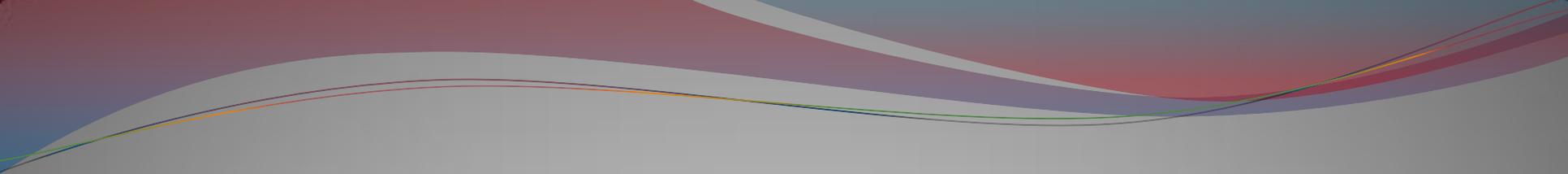


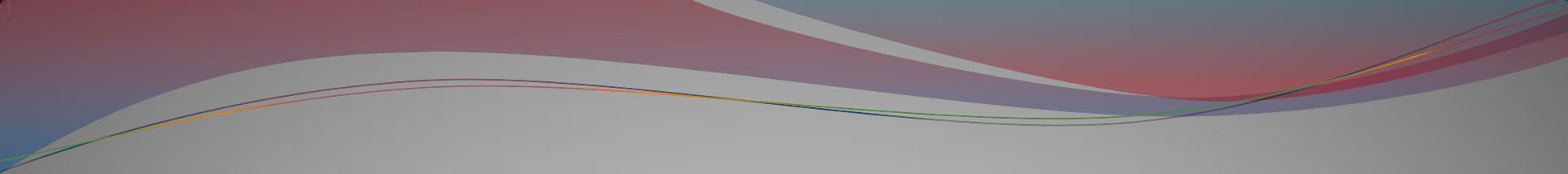
# Influences and Factors for Girls

# How We Can Help

- ❖ Remember your words are powerful
  - ❖ Praise and encourage
  - ❖ Challenge the power of stereotypes

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- ❖ Active parenting works  
(mothers and fathers)
  - ❖ Resist rescuing or providing  
answers
    - ❖ Be a media critic

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- ❖ Get girls involved
  - ❖ Be aware of body image issues, media and social networking influences
  - ❖ Monitor what you think, say and do



Believe  
in the  
power to change

1. Accept yourself
2. Appreciate yourself
3. Refrain from comparing yourself
4. Do not put yourself down
5. Listen to your self-talk
6. Remind yourself of positive people who are models for you
7. Hang out with friends who help you feel better about yourself
8. Engage in fun activities
9. Befriend positive people
10. Ask for help

“ We need to see ourselves as basic miracles”.

Virginia Satir

“Truly you have formed my inmost being; you knit me together in my mother’s womb.

I thank you for the wonder of my being.

Wonderful are your works”.

Psalm 139

# References

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