



Empowering your Child's Self Esteem

Outreach & Engagement

Topics

- High vs. Low Self Esteem
- The effect of self esteem
- Developmental Assets
- Empowering your Child
- Resources & Questions

Defining Self-esteem

**What does
Self Esteem
mean to you?**

Defining Self-esteem

- A person's overall subjective emotional evaluation of one's own worth.
 - An attitude towards ourselves influenced by what we think and feel about ourselves.
 - Influenced by experiences and relationships.

Examples of low vs. high self-esteem

Low Self-esteem:

- Don't believe in themselves and fail before they even start.
- Believe they can never be good enough and have a hard time forgiving themselves for past mistakes.
- Constantly worry about many things, criticize and complain, but not do much to change it.
- “I can't do it” attitude.



Examples of low vs. high self-esteem



High Self-esteem:

- Can express themselves and not worry about being judged.
- Willing to try new things and explore options.
- Believe in themselves and their capabilities and also encourage others to believe in themselves as well.
- They have a “Can do” attitude.

Hearing is believing

If you hear it constantly you begin to believe it

- You're lazy, you eat too much, you look big for your age, you're too little, don't be dumb, that's stupid, ...
- How often have we said this without thinking about the effects?

Discussion

- What is low self esteem?
- What is high self esteem?
- How do we support or suppress our child's self esteem?

How does self-esteem affect us?

Low Self-esteem:

- They don't try new things, so they rarely experience discomfort.
 - Although avoiding discomfort is generally a good thing, it limits individual growth and learning.
 - It may create missed opportunities.
- They tend to develop a pessimistic thought pattern.
 - Over time, it may become a natural habit to put a negative spin on experiences or focus too much on what went wrong.

High Self-esteem

- They are more willing to take chances on opportunities.
 - They go out of their comfort zone and tend to have many more experiences and learn because of it.
- They tend to develop an optimistic thought pattern.
 - Instead of just focusing on the negative or what went wrong, they will also look at what went well. They take away not only the bad, but the good as well even in difficult situations.
 - They try to learn from their mistakes and see the next time they are confronted with the same or a similar challenge as a chance to have a better outcome.

Developmental Assets

Set of skills, experiences, relationships, and behaviors that enable young people to **develop into successful and contributing adults**, and happy, healthy, and contributing members of their community.

Two types: External and Internal

Developmental Assets

EXTERNAL ASSETS

The supports, opportunities, and relationships young people need across all aspects of their lives.

Developmental Assets

INTERNAL ASSETS

The personal skills, commitments, and values they need to make good choices, take responsibility for their own lives, and be independent and fulfilled.

External Assets

- **Support:**

- Family Support
- Positive Family Communication
- Other Adult Relationships
- Parent Involvement

- **Empowerment:**

- Youth As Resources – They are given useful roles in the community
- Service To Others – Volunteering and Community Service
- Safety

- **What are some of your child's external assets?**

- 1.
- 2.
- 3.
- 4.
- 5.

External Assets

- **Boundaries & Expectations:**

- Family Boundaries – Clear rules and consequences
- Adult Role Models
- Positive Peer Influence
- High Expectations – Encourage child to do well

- **Constructive Use Of Time:**

- Creative Activities
- Youth Programs
- Time At Home

- **What are some of your child's external assets?**

- 1.
- 2.
- 3.
- 4.
- 5.

Internal Assets

- **What are some of your child's internal assets?**

- 1.
- 2.
- 3.
- 4.
- 5.

- **Commitment to Learning**

- Achieving Motivation
- School Engagement
- Homework

- **Positive Values**

- Caring – Placing high value in helping others
- Equality & Social Justice – high value on promoting equality
- Integrity, Honesty, and Responsibility

Internal Assets

- **What are some of your child's internal assets?**

- 1.
- 2.
- 3.
- 4.
- 5.

- **Social Competencies**

- Planning and Decision Making
- Interpersonal & Cultural Competence – Knowledge and comfort with people of different cultural/racial/ethnic backgrounds.
- Resistance Skills – resisting negative peer pressure
- Conflict Resolution Skills

- **Positive Identity**

- Personal Power – Person feels they have control over things that happen to them
- Sense of Purpose
- Positive View of Personal Future – Optimistic

How parents can help improve self-esteem

Parents are a child's greatest teacher in word and action.

- **How do we communicate with our children?**
 - **Are we having respectful conversations or is it always an argument?**
 - **Are we praising and showing support or criticizing and putting down?**
 - **Are we being fair with ourselves and our children?**
 - **Are the rewards/consequences given appropriate, balanced, and fair?**
- **What is our self-esteem like?**
 - **Am I showing a positive or negative attitude toward situations?**

How parents can help improve self-esteem

- **Be supportive**

- Encourage your children to try new positive things and let them know that it is ok to be afraid of trying something new. Fear is a natural human reaction to the unknown, but you can be a guiding light for them.
- Being involved in school activities and showing interest in your child's dreams and ambitions can foster confidence and trust.

- **Empower your children**

- Give them responsibilities they can handle.
- Praise them when they accomplish tasks.
- Model for them when they make mistakes and help them think how they will do it next time.

- **Show respect to yourself, your child, and others around you.**

- Children learn from example, especially their parents.

Parents: What can we do?

- **Getting Plenty of Rest**

- Establish a nightly routine for you and your children that will help you transition into bed time. For example, brushing teeth together and then reading a book before going to sleep and for older children setting up a no electronics time.

- **Practice talents**

- Encourage your child to continue practicing her/his talents.
- Perhaps you always enjoyed drawing and notice your child has sparked an interest in this as well. You can both practice or work on an art piece together.
- Look for common interests.

Parents: What can we do?

- **Stay physically active**

- This can be a walk /jog/run together. You can be each other's support and encouragement.
- If they play sports, you could potentially practice with them. For example, playing catch or kicking a soccer ball back to her/him.
- If daily is not possible, set aside a specific day/time that you can commit to doing something together.

- **Learn new things together**

- Working together may help to foster trust and confidence in a relationship.
- It may not always be possible to physically be able to play/practice with your child, so in this case even just looking up a tutorial/educational video online can be an opportunity to share in learning something together.
- Find a hobby that interest you that models positive self esteem.

Discussion

- What did I learn from this presentation?
- What challenged me?
- What changes do I need to make?

Resources

- **Search Institute** : <http://www.search-institute.org/>
 - Scroll over “Research” tab near top left corner.
 - Click on “Developmental Assets” option.
 - Click on “a framework of Developmental Assets” link.
 - AS you read through assets, you can check each specific age group.
- **Nemours Foundation**: <http://m.kidshealth.org/>
 - Website created by children healthcare providers that is helpful for the parents, kids, teens and educators
 - <http://kidshealth.org/en/parents/self-esteem.html?WT.ac=p-ra>

Resources

- http://www.orangecounty.net/html/events_free.html
 - These are free or low-cost events and things to do in Orange County.
 - Many activities such as musical performances, art walks, gardening classes, and sports trainings.
- <https://www.planadayout.com/>
 - You can look up fun activities to do and you can gear the search to what you would like to see.

Outreach & Engagement

- We assist all ages!
- Program services are **FREE!**
 - Educational Workshops
 - Individual Case Management
 - Groups
 - Referral & Linkages
- Services available to anyone residing in Orange County.
- Website: <http://www.westernyouthservices.org/>

