HAPPY MINDS

CONFIDENT YOU

Confidence is a feeling of trust in a person or thing.

'Always be a first-rate version of yourself instead of a second-rate version of someone else' Judy Garland

'We gain strength and courage and confidence by each experience in which we stop to look fear in the face.' Eleanor Roosevelt

Starting Secondary School or even a new academic year can feel a little daunting (even for teachers too!). Here at Penwortham Girls' we want you to be the best version of YOU (no-one else) that you can possibly be.

We all make mistakes (adults too!) and these are all part of life. When we make mistakes it is important we turn these into positives, learn from them and move on to better things with the confidence that we won't make the same mistake again. There are lots of other things that can help to build our confidence too; read on for some useful tips…

What can parents do?

- Model confidence yourself and don't dwell on mistakes. Talk about them, so your child sees we all make them and move on.
- Praise effort instead of outcomes e.g. 'You worked really hard on that, I can tell you have really practised'.
- Encourage your daughter to be assertive; they should be expected to ask when they don't understand, to order things in a shop/café and required to manage their own time.
- Balance freedom with guidance; give them increasingly small amounts of freedom with expectations made clear and natural consequences. Over time, this should lead to increased levels of confidence and the ability to make healthy choices for themselves.

Top tips for building confidence:

- List 10 things you like about yourself then keep adding to it!
- Mix with positive people; people who make you feel positive. Give compliments to others and appreciate their responses.
- If you are on social media only follow accounts which make you feel good or even better have a digital detox!
- Work on becoming comfortable in uncomfortable situations; when we take small risks and are successful our confidence levels rise!
- Look to the future and not the past, build on what you change.
- Learn something new; set yourself some goals which you can achieve.

Helpful Books/Useful Websites:

'How to be Confident' by Anna Barnes

'Positively Teenage' by Nicola Morgan

'Happy Confident Me Journal' by Annabel Rosenhead and Nadim Saad

https://www.youngminds.org.uk/young-person/blog/six-ways-you-can-boost-your-self-esteem/

https://www.independent.co.uk/life-style/health-and-families/psychologist-says-parents-should-18-things-raise-more-confident-child-a7453631.html

https://www.verywellfamily.com/essential-strategies-for-raising-a-confident-teen-2611002

mind

SAMARITANS Call free day or night on 116 123

YOUNGMiNDS fighting for young people's mental health

ChildLine 0800 1111

kooth

ChatHealth 07507330510

pghSuccess