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SELF -

ESTEEM



We want to explore different topics around mental health and what they mean to us as young people!



**BY YOUNG PEOPLE,
FOR YOUNG PEOPLE**



I matter

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CHAPTER 1

SELF-ESTEEM – WHAT IS IT?

- Self-esteem means how we think and feel
- about ourselves as a person, and can
- include lots of different things. For
- example, how we think of our abilities,
- physical appearance and our self worth. It
- is an important part of our overall mental
- health and wellbeing. Our self esteem can
- change throughout our lives and can often
- be influenced by things not in our control.

note to self:

**DO NOT
QUIT**



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CHAPTER 2

POSITIVE SELF-ESTEEM



If we have high self-esteem, the way we think, talk and feel about ourselves is more likely to be positive. We are more likely to value ourselves as a person, believe we deserve to be treated with respect and kindness, and look after our physical and mental wellbeing. Below are a few ways to know if we have higher self-esteem:

- Believing in our ability
- Trying new things
- Standing up for ourselves when we feel something is wrong
- Ability to deal with more challenges
- Taking care of our physical and mental health

I am
CONFIDENT

LOW



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CHAPTER 3

LOW SELF-ESTEEM

Many of us will experience low self-esteem during our lives, and this can be caused by different things including: mental health challenges, difficult experiences, and a lack of a strong support network. For some people, these feelings may not last, but for some of us, we may need some more support to help! It can be difficult to know if we are experiencing low self-esteem, so here are some ways we can tell:

- Speaking bad about ourselves
- Feeling we aren't good enough
- Not liking our appearance or who we are
- Worrying a lot about what others think of us
- Avoiding situations



KNOW YOUR
WORTH

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CHAPTER 4

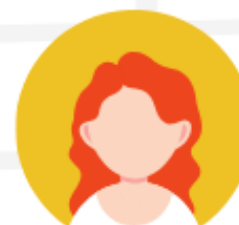
SELF-ESTEEM - WHAT DOES IT MEAN TO US?

“SELF-ESTEEM
MEANS HOW I
LOOK AFTER
MYSELF



“I REALISE I
ALWAYS PUT
OTHER PEOPLE
BEFORE ME

“I COULDN'T UNDERSTAND
WHY I FELT
SO BAD ABOUT MYSELF
UNTIL I SPOKE WITH
SOMEONE



“IT HELPED ME TO
WRITE DOWN
WHAT I LIKE
ABOUT
MYSELF



“IT'S NORMAL TO
HAVE LOW
SELF-ESTEEM

SELF
LOVE

Reminder



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CHAPTER 5

HOW TO IMPROVE OR MAINTAIN SELF-ESTEEM - TIPS FROM US

We know that if you are experiencing low self-esteem, it might feel like it can't change, here are some advice from us as young people on what works for us. It's okay if these don't work for you!

JOURNALING
CAN HELP SOME
PEOPLE UNDERSTAND
THEMSELVES BETTER

AVOIDING SCROLLING
ON SOCIAL MEDIA
TOO MUCH
WHEN WE FEEL
LOW

DOING SOMETHING
KIND FOR JUST
US

PRACTICING
SAYING
NO

SAYING POSITIVE
THINGS
TO OURSELVES

CELEBRATING
OUR SUCCESSES,
HOWEVER SMALL

SELF
CARE



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CHAPTER 6

SELF-ESTEEM - A MESSAGE TO YOU FROM US

We know that for many young people today, our view of who we are, how we look and our self worth may be influenced by things like social media. It can be hard not to compare ourselves to other people, especially when it often feels like people are always happy. It is important to know that social media is often not a true reflection on how we are feeling, and people may only share their best moments. This is why we should try not to compare ourselves, and base our self worth on other people. Always try to be kind to yourself even when it may feel hard, and reach out to us if you need support



YPAS YOUNG PEOPLE, 2025

REMINDER!!!
WAIT I FORGOT