



Self-Esteem and Positive Relationships

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Session Overview

- Developmental stage
- Emotional drivers
- Facilitating positive self-esteem
- Forming positive relationships



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Developmental Stage

Who am I?

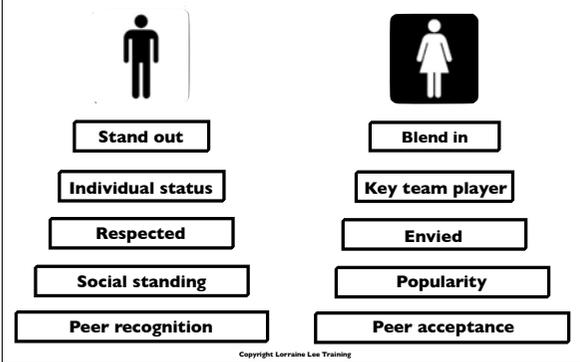
Where do I fit?

Am I enough?

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M/F Emotional Drivers

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Quick Discussion

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Can you see these drivers in the way your young person behaves?

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What Is Self Esteem?

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We all have self-esteem
It's **POSITIVE** self-esteem what underpins confidence

Confidence in your own worth

Confidence in your own abilities

What other people say about you

S E L F E S T E E M

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Building Self-Esteem

AVOID

- 👤 Transferring personal pressure onto young people
- 👤 Negative self-talk and negative language
- 👤 Comparisons
- 👤 Future based threats
- 👤 Negative assumptions

INCREASE

- 👤 Process praise and encouragement
- 👤 Activities that build capability (out of school)
- 👤 Only *facilitating* with tasks - some freedom
- 👤 Understanding temperament
- 👤 Asking questions rather than providing answers

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Positive Relationships

The peer group is incredibly important to a young person

At this age a questioning approach is best to get young people to reflect on their relationships themselves

- 👤 Friends who accept when they say 'no'
- 👤 Friends who allow them to work hard
- 👤 Friends who don't make them nervous
- 👤 Friends who allow them to be themselves

Family relationships should aim to be age appropriate, respectful and maintain self esteem

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Positive Relationships

Help young people to understand

- 👤 Different friends for different roles
- 👤 Friends will make mistakes
- 👤 Online posts are not a good indication of friendship status
- 👤 Friends outside school are very positive to have

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Conclusions

- The emotions of young people are very real to them
- They make decisions on friendship and personal value based on them
- Helping young people to reflect takes **QUESTIONING** rather than **DICTATING**
- Building self esteem is a long term set of actions taken regularly

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QUESTIONS



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