

Confidence and self-esteem

Having confidence and self-esteem = believing in yourself and your abilities.

Everyone deserves to feel good about themselves!



Top Tips to Feel More Confident

Sometimes, we need a bit of help to be more confident. Here are some things that you can do to help your confidence grow....

Believe in yourself!

Think about all of the great things about you, and all of the things that you are good at. Maybe you have a brilliant smile, or you are really good at maths. Write them all down and feel proud!

Set yourself goals

Having a goal and then achieving it makes you feel great! Make sure that your goals are small at first and give yourself a reward when you achieve them. Then, when you feel more confident you can set bigger goals.

Be positive

Try to think good things about yourself. When a negative thought pops into your brain, try to squash it with a good one. Don't be too hard on yourself!

Look confident

Sometimes we have to "fake it until we make it". So, try to look confident even if you don't feel that way inside. Some ideas are:

- stand up straight
- keep your head up high
- smile at people

Eventually, you will feel more confident and you won't be "faking it" anymore!







Dealing with things that knock our confidence



Sometimes things will happen that make our confidence wobble. When this happens, we need to try to feel better again. Here are some examples of things that might knock our confidence and what we can do to feel better again:



Things that knock our confidence	What we can do about it
<p>Someone says something unkind to you.</p> 	<ul style="list-style-type: none"> • Ignore them – usually, when someone says something unkind it is because they are feeling bad about themselves. Then they take it out on someone else. • Remember all the things that make you brilliant. Focus on them. • Talk to someone that you trust about how it made you feel.
<p>You wake up feeling sad or upset.</p> 	<ul style="list-style-type: none"> • Talk to someone that you trust about how you are feeling. They might be able to help. • Write down your feelings to get them out of your head. • Do something that will make you smile, like listening to music or going for a walk.
<p>You don't get a good score in a test.</p> 	<ul style="list-style-type: none"> • Set a goal to try to do better next time. Things that might help you to achieve your goal are studying more or asking someone for help.
<p>Your friends leave you out.</p> 	<ul style="list-style-type: none"> • Talk to someone you trust about how you feel. • Plan to do something to treat yourself. • Talk to your friends and tell them how it made you feel to be left out. They might not even have realised that they did it.

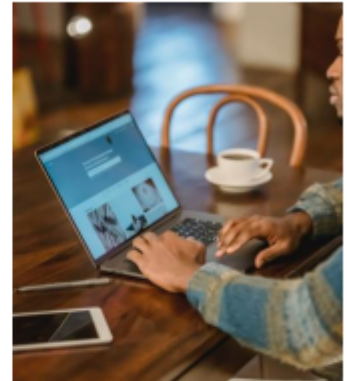


Useful websites and helplines

Here are some websites that you could look at, or numbers you can call, if you want to know more about confidence and self-esteem, or need some help:



<https://www.mindinbradford.org.uk/support-for-you/youth-in-mind/>



Childline

<https://www.childline.org.uk/info-advice/your-feelings/feelings-emotions/building-confidence-self-esteem/>

Phone number: 0800 1111

Mind

<https://www.mind.org.uk/information-support/for-children-and-young-people/confidence-and-self-esteem/>

Phone number: 0300 123 3393

Young Minds

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

And don't forget, you can contact SENDIASS for help....

<https://barnardosendiass.org.uk/bradford-sendiass/>

Phone number: 01274 513 300

Email: bradfordSENDIASS@barnardos.org.uk

Facebook: <https://en-gb.facebook.com/bradfordsendiass/>

Local Offer: <https://localoffer.bradford.gov.uk/Bradford>



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Edited for use by Barnardo's SENDIASS Bradford