

How to help: CONFIDENCE

A guide for PARENTS AND LEADERS

Confidence is believing in yourself and understanding and accepting who you are. Someone who is quiet and keeps themselves to themselves isn't necessarily lacking in confidence, just as someone who is the life and soul of the party isn't always going to be really confident.

Confident young people can be better at noticing situations that aren't helpful for them, and avoiding them

Confidence can help a young person make safe and wise choices

If a young person is confident, they are more likely to be assertive, positive, engaged in the world around them and persistent through their problems

Confidence can help young people to be able to identify and seek out people and situations that will help them to grow and be safe

Young people with low confidence are less likely to join in and are more likely to be willing to give into peer influence

As someone who cares about the children and young people in your life, helping them to be more confident can help in a huge number of ways.

If a young person lacks confidence they will be likely to assume that things will fail and not try as hard when things get tricky

What do you think a confident young person looks like?

Where do you think young people get their confidence from?

What do you think knocks the confidence of young people?

5 things you can do to help a young person increase their confidence:

BE KIND. Say positive things about them (and mean it!). Encourage them to think positively about themselves. They could write positive affirmations like 'I am enough' on post it notes and stick them up around their room.

SELF CARE. Sleep, eating well, spending time outside, getting active, spending time with people they feel themselves with will all positively impact confidence growth.

Help the young people you know to recognise unhealthy rhythms and care for themselves

CELEBRATE SUCCESS. Are there ways you can celebrate the things they enjoy or the small wins? How about choosing a favourite film to watch, making a hot chocolate or popping a party popper. You could perhaps encourage them to have a box to put mementos in.

TRY SOMETHING NEW. Seek out regular opportunities for them to try out something they've never done before. How about learning a new hobby, visiting a new place, meeting up with someone they don't know very well, even something like changing their room around. Create a chart with ideas on to tick off, and encourage them to write down how it made them feel trying that thing out and what they've learnt.

LEARN FROM FAILURE. No one is perfect, we get better and stronger by learning from the things that go wrong. When something doesn't go to plan, try to avoid criticising, be a sounding board, be gentle and make space for conversation that encourages learning from mistakes.

And a sneaky 6th one... **MODEL CONFIDENCE.** Try everything on the list for yourself. A young person will notice if you are practicing confidence and this can demonstrate 'how' so that a young person might find the courage to practice themselves.

Young people might struggle with confidence about certain things or at certain times in their life, then in other situations be very confident. One of the most helpful things you can do is to look out for cues and help the young people that you know when you notice that they may be struggling but also encourage them when they are doing well.

Love unconditionally. Love does not depend on grades, talents, performance, status, achievement or even behaviour. It's important that you (and the young people you love) know that and can see it in the way you act.

TOP TIP