

Empowering Young Women

Student Tip Sheet



WHAT IS SELF-ESTEEM?

Your self-esteem is your overall opinion of yourself. Having healthy self-esteem means feeling good about yourself and seeing yourself as deserving respect from others.

IT'S OKAY TO ASK FOR HELP, TRY KIDS HELP PHONE

www.kidshelpphone.ca
Text the word **CONNECT** to 686868
or call: 1-800-668-6868.

CARING FOR YOUR FEELINGS

- Be kinder to yourself
- Set healthy boundaries
- Treat yourself how you want others to treat you

CARING FOR YOUR BODY

Make sure to eat healthy, get physical exercise and maintain physical hygiene.

BEAUTY BEYOND LOOKS

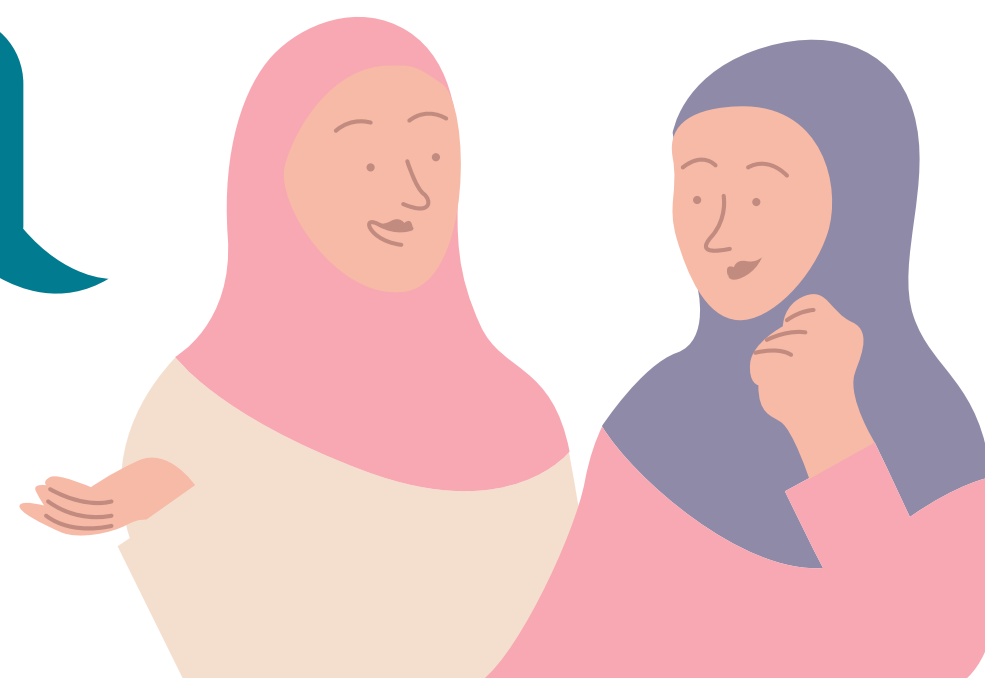
What makes you beautiful on the inside?

- Being kind to yourself and others
- Having a sense of humor
- Being able to apologize
- Being able to forgive and move on
- Having resilience
- Learning from mistakes

CARING FOR YOUR MIND

- Allow yourself to make mistakes
- Don't worry about other people's opinions. It's how you see yourself that truly matters.
- Think positively of yourself. You are so beautiful, inside and out!

We can be BOTH soft AND strong!



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LOOK TO YOUTHSPEAK FOR SELF-CARE STRATEGIES, RESOURCES, INFO AND MUCH MORE!

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