

How to promote a healthy self-esteem and build resilience

Fleet Primary School
Parents and Carers Workshop
21st May 2019

Deborah Kaiser
Mental Health and
Wellbeing Consultant



Today we will think about...

- What self-esteem is and the factors that influence it
- The impact of low self-esteem on our mental health, wellbeing and body image
- What we can do to support our children to develop a healthy self-esteem and boost their resilience

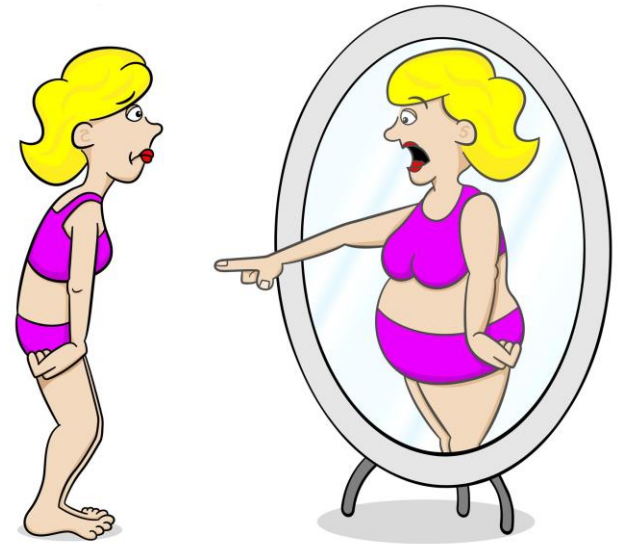
Group Contract

- Listen and be respectful to others
- Open-minded
- Be sensitive to others
- Non-judgemental
- Confidentiality
- Give time for everyone to share

Self-esteem and Body image

Self-esteem – the way we see and think about ourselves. This perception is formed by our own expectations and perceptions and influenced by significant people in our lives

Body image – the perception a person has of their physical self and the thoughts and feelings that result from that perception



Why are we talking about this?

25%

Secondary pupils reported being very concerned about the way they look (HRBQ, 2017)

6 years old

By age 6, girls start becoming concerned with their weight and shape (NEDA, 2018)

61%

Of 10-17 year olds girls have low self-esteem (Dove, 2017)

No.1

Body dissatisfaction is the most common contributor to development of Anorexia and Bulimia (NEDA, 2018)

< 1/2

Teenage girls (<1/3 teenage boys) use unhealthy weight control methods (NEDA, 2018)

1/100

Women aged 15-30 suffer with Anorexia Nervosa (11% people suffering with eating disorders are male) (PRIORY, 2019)

What shapes our self-esteem?

Our values

Friends

Teachers

Parents

Life
experiences

Hobbies /
interests /
clubs

Our abilities

Societal
pressures

Our
personality

Negative
self-image

Insecure

Can't
cope with
failure

Low self-
worth

Sensitivity
to criticism

Negative
thoughts
about self

Physical
symptoms
- fatigue

Puts self
down

Underplays
achievements

Signs of Low self-esteem

Body image
issues

Fear of
trying new
things

Fixated on
flaws

Vulnerable to
peer pressure

Give up
quickly

Struggles
with
friendships

Fear of
Missing Out

Social
withdrawal

Positive
self-image

Able to try
new things

Value self

Comfortable
in social
situations

Enjoy group
activities

Not
concerned
by others
opinions

Signs of Healthy self- esteem

Confident
with
themselves

Accept
strengths and
weaknesses

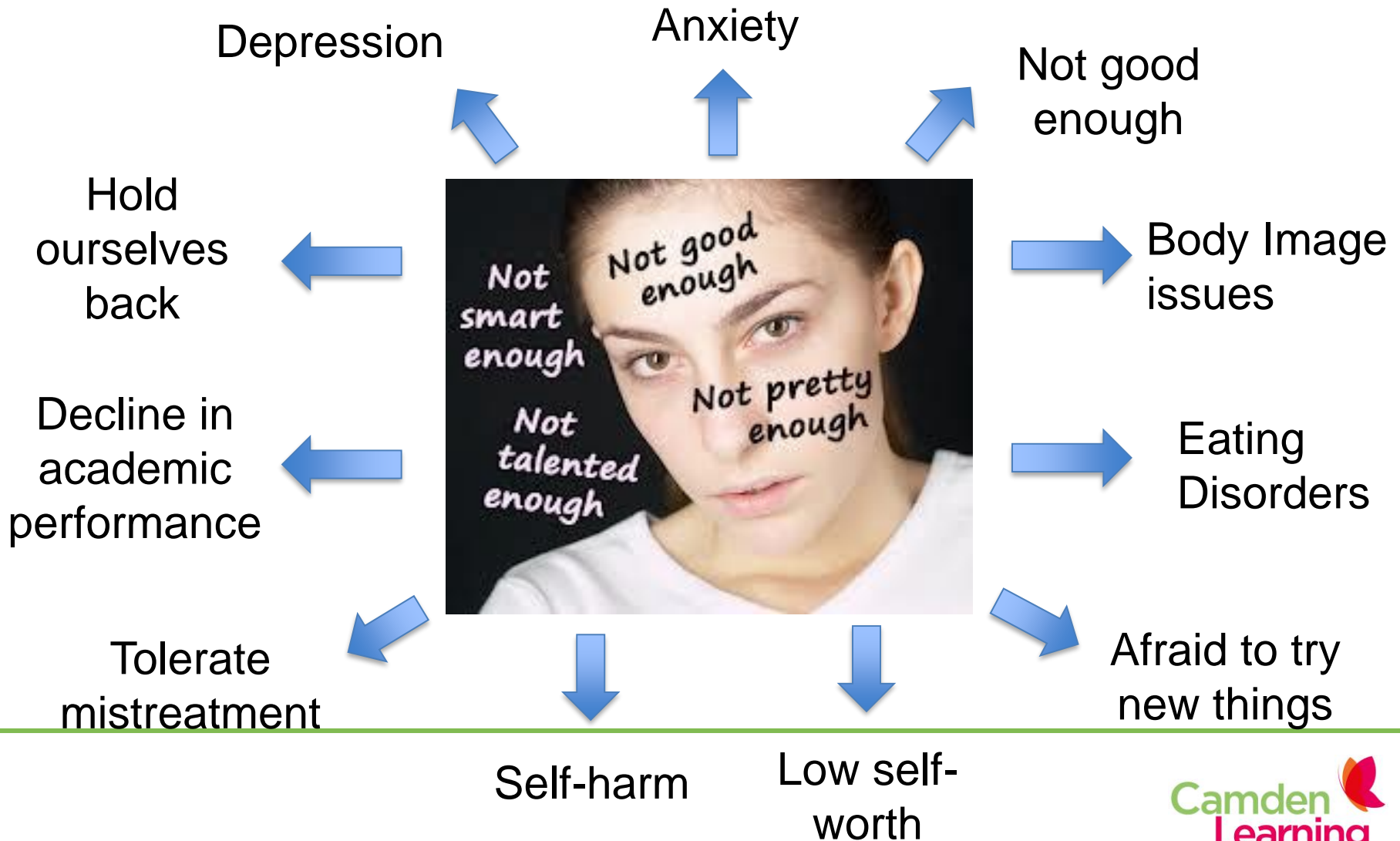
Secure

Able to
problem-
solve

Socially
confident

Confident
with their
body

How low self-esteem can impact on our wellbeing



My self-esteem

“I’m so fat!”

“I’m no good at...”

“I’m going on a diet”

“Nothing looks good on me!”



“What’s the point of doing this, I’m just going to fail”

“I wish I was as pretty as...!”

“I hate my...!”

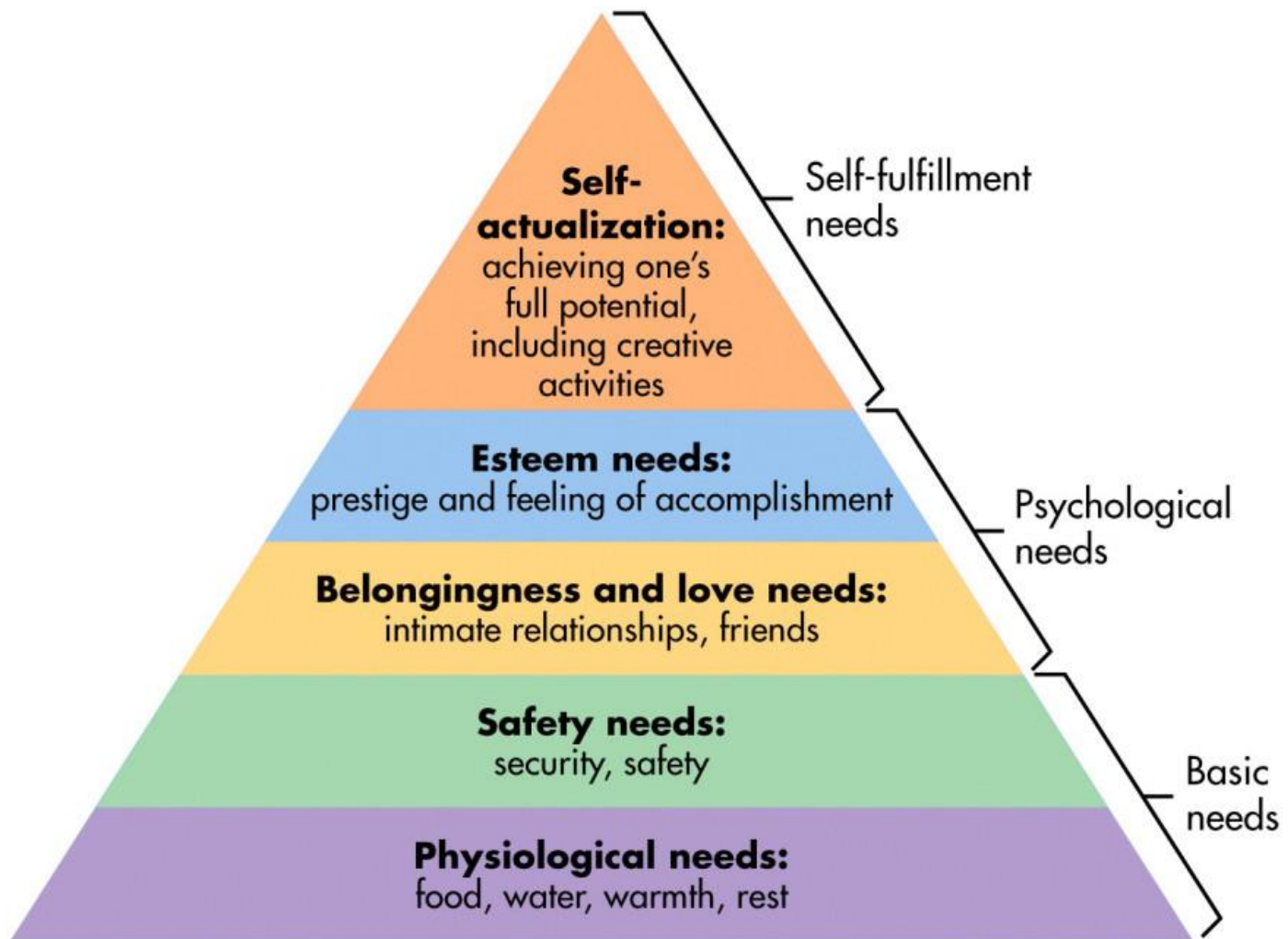
**GIRLS DON'T JUST
SIMPLY DECIDE TO
HATE THEIR BODIES**

WE TEACH THEM TO

My child's self-esteem



Building a healthy self-esteem



Maslow's Hierarchy of Needs, 1943

Growth Mindset thinking

Challenge
inaccurate beliefs

PRAISE!!! (effort &
achievement)

Good to make
mistakes

Be a positive
role model

I can't
do it

"You're not
bad!"

Reframe thinking

<https://www.youtube.com/watch?v=NWv1VdDeoRY&feature=youtu.be>

Empower your child



Explore their
hobbies /
interests

Help them to
identify their
positive qualities

Goal setting

Make real choices
and decisions

Opportunities
for
responsibility/
volunteering

Celebrate
differences

Summary

- Self-esteem is determined by lots of factors
- We have power to improve our own and our child's self-esteem through:
 - Growth Mindset thinking
 - Opportunities for Empowerment
 - A safe and secure home environment
 - Achieving Maslow's Hierarchy of Needs
- If you are concerned about your child, seek support and advice

Where to get Advice and Support

- Teachers / support staff
- Family / Friends
- School Nurse / Counsellor
- GP



Information:

- NHS - <https://www.nhs.uk/conditions/eating-disorders/>
- BEAT - <https://www.beateatingdisorders.org.uk/>
- Young Minds - <https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-self-esteem/>
- MindEd for Families - <https://www.minded.org.uk/families/index.html#/>

What to do if you are concerned

- For information on the best way to support your child if you are concerned, visit:
- NHS website: <https://www.nhs.uk/conditions/eating-disorders/advice-for-parents/>
- National Eating Disorder Association: <https://www.nationaleatingdisorders.org/learn/help/care-givers>
- Verywell Mind: <https://www.verywellmind.com/what-to-do-if-you-think-your-child-has-an-eating-disorder-4062806>