

10 Ways to Help Your Teens Grow Self-Worth

1

Focus on Self-compassion

Teach your teen to be kind to themselves when life goes awry or they notice something about themselves that they don't like.

2

Help Them Identify & Embrace Their Strengths

If your teen has a knack for cooking, sports, art, or something else, be sure to let them know you see their talent, and assist and encourage them in pursuing their potential.

3

Encourage Physical Activity

Physical activity, especially when done in a school or community setting, is linked to improved self-worth.

4

Promote Positive Self-talk

Guide your teen with the things you say and do, so they can develop the skills they need to think more positively.

5

Encourage Independence

Allow your child to be who they are, and to make mistakes and learn from them.

6

Provide Support & Encouragement

With your support, encouragement, and compassion, your teen can move on faster from tough times and grow their resilience.

7

Teach Them to Set Realistic & Achievable Goals

setting realistic and achievable goals allows us to accomplish those goals and feel the resulting sense of pride and self-worth.

8

Encourage a Positive Support Network

Finding friends who share their values & interests and who speak more positively about themselves & others can help teens to build up feelings of self-worth.

9

Encourage Them to Help Others

A 2017 study found that when teens help others, they're more likely to have higher feelings of self-worth. Encouraging a family culture of helping others can build teens' self-worth.

10

Avoid Excessive Criticism

Avoid making negative comments about children & teens in front of them. Parenting can be frustrating, but negative comments like "Can't you do anything right?" can inflict major damage on a child or teen's self-worth.

