



Self Esteem for Youth

Outreach & Engagement

Outreach and Engagement

✓ Free Services for All Ages

- Case Management
- Workshops
- Support Groups
- Referral & Linkage

WYS CLINIC

✓ Therapy

- Up to the age of 21
- MediCal

✓ Services are available for all who live in Orange County



What is self esteem?



Self Esteem

- **self-esteem** reflects a person's overall subjective emotional evaluation of his or her own worth
- It is a judgment of oneself as well as an attitude toward the **self**



Self esteem: what's it made of?

- Your self-esteem is made up of all the experiences and interpersonal relationships you've had in your life.
- Everyone you've ever met has added to or taken away from how you see yourself!



High self esteem: what's it made of?



Characteristics of High Self Esteem

- They like to meet new people



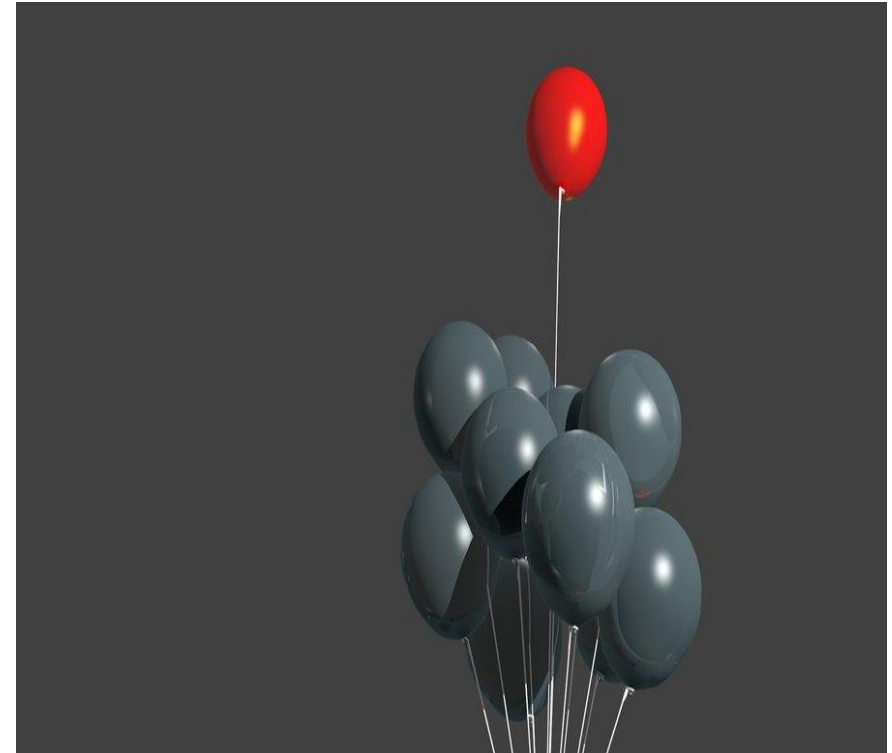
Characteristics of High Self Esteem

- They don't worry about being judged



Characteristics of High Self Esteem

- They have the courage to express themselves



Characteristics of High Self Esteem

- They believe in themselves



Characteristics of High Self Esteem

➤ They encourage others to believe in themselves



Characteristics of High Self Esteem

- Others want to hear what they have to say



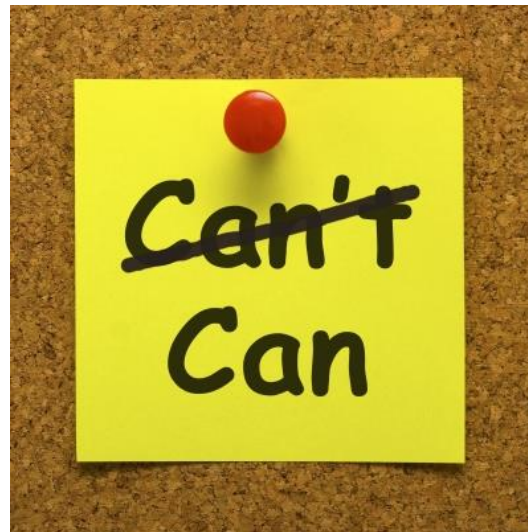
Characteristics of High Self Esteem

- They are magnets to positive opportunities



Characteristics of High Self Esteem

- They have an “I think I CAN” attitude



Low self esteem: what's it made of?

I have a problem with low self-esteem which is really ridiculous when you consider how amazing I am.



your  cards
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Characteristics of Low Self Esteem

- They don't believe in themselves



Characteristics of Low Self Esteem

➤ They see themselves failing before they begin



Characteristics of Low Self Esteem

- They have a hard time forgiving their mistakes



Characteristics of Low Self Esteem

- They believe they can never be as good as they should be



Characteristics of Low Self Esteem

- They are afraid to show their creativity



Characteristics of Low Self Esteem

- They are dissatisfied with their lives



Characteristics of Low Self Esteem

- They spend most of their time alone



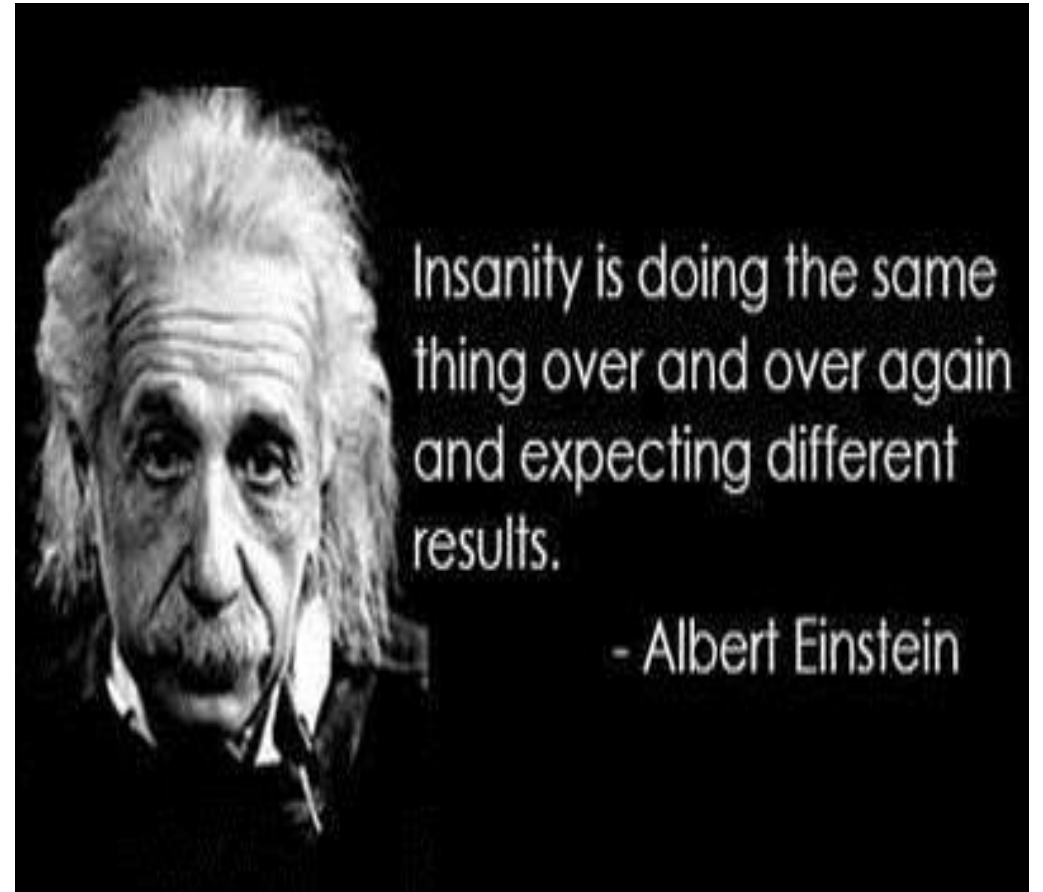
Characteristics of Low Self Esteem

- They complain and criticize others



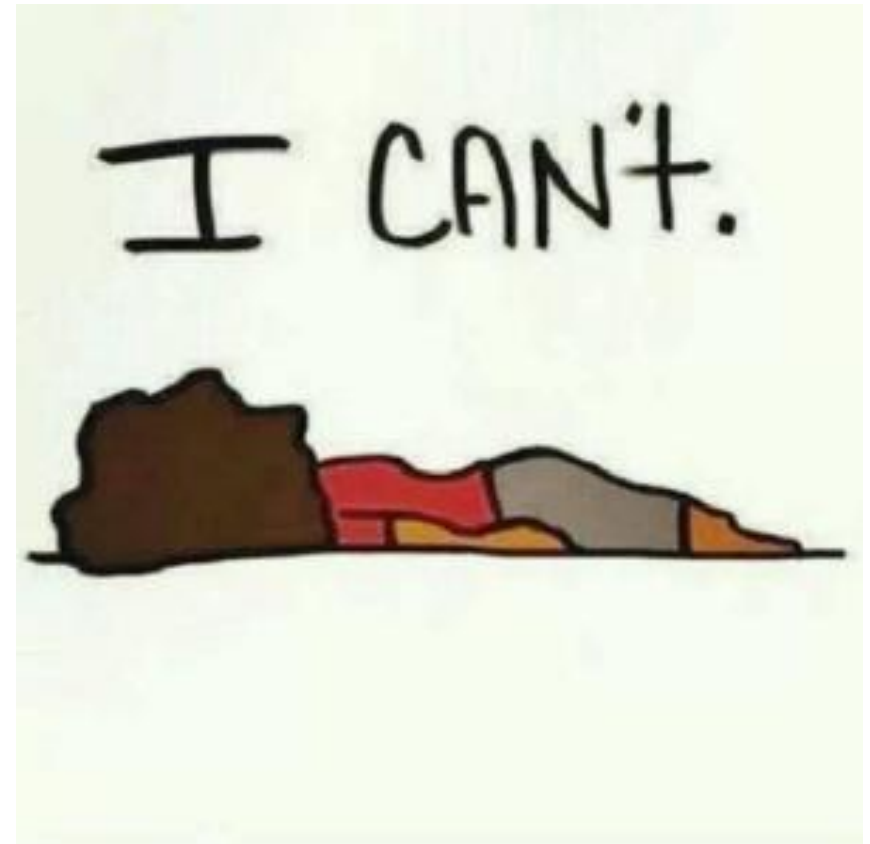
Characteristics of Low Self Esteem

- They worry about everything and do nothing



Characteristics of Low Self Esteem

- People with low self-esteem have an “I can’t do it” attitude



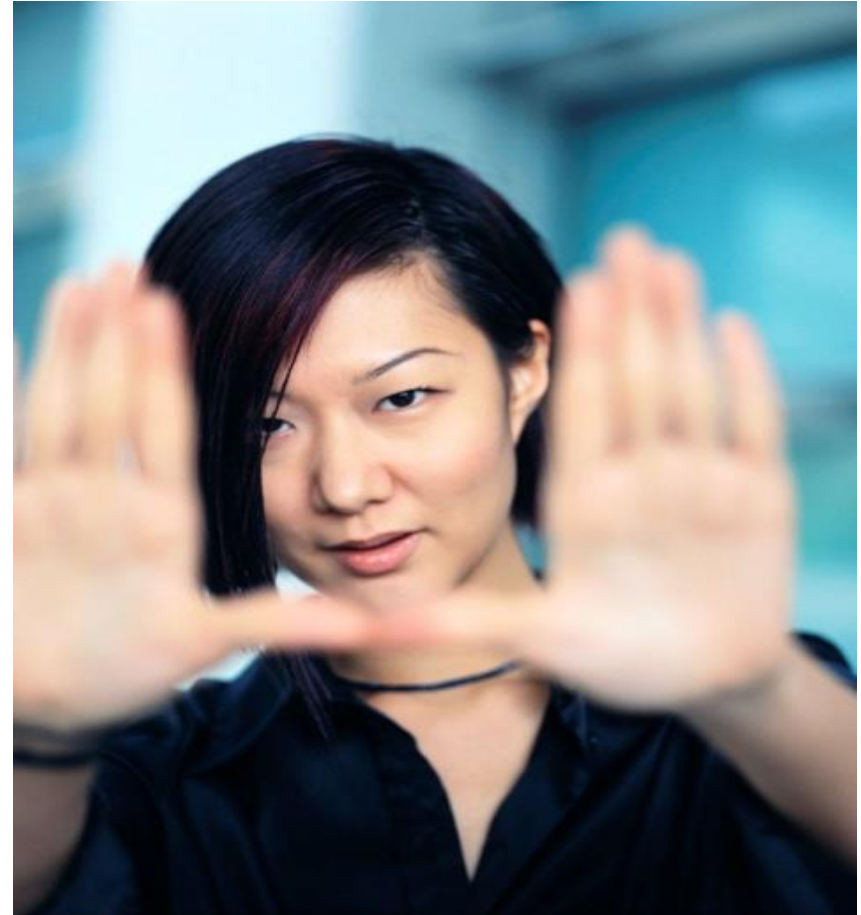
11 Steps to High Self Esteem

- **Step 1**

Forgive yourself for past mistakes.

- **Step 2**

Focus on your positive attributes.



11 Steps to High Self Esteem

■ Step 3

-Follow the example of successful people.

■ Step 4

-Become a self talker.



11 Steps to High Self Esteem

- **Step 5**

Have a good attitude.

- **Step 6**

Get plenty of rest.



11 Steps to High Self Esteem

- **Step 7**

Practice your talents

- **Step 8**

Become physically fit.

- **Step 9**

Learn new things.



11 Steps to High Self Esteem

- **Step 10**

Hang out with people who care about you.

- **Step 11**

Dress well!



Let's Review...

- How you view yourself affects everything you do in life.
- High self-esteem gives you a GOOD feeling about yourself.
- Low self-esteem distorts our view of yourself.
- Self-esteem can be improved!



Resources

EXTERNAL

✓ Family Resource Centers

○ San Juan Capistrano –

27412 Calle Arroyo
San Juan Capistrano, CA 92675
Phone: (949) 489-7742

○ Lake Forest –

22481 Aspan St
Lake Forest, CA 92630
Phone: (949) 364-0500

✓ At school:

- Teachers
- Counselors
- Nurses

✓ Pathways Community Counseling Center

23282 Mill Creek Dr.
Laguna Hills, CA 92653
Phone: (949) 303-9016

✓ Religious Communities for support



Questions?

