

# Understanding Low Self-Esteem for Teens and Parents

## ? What is Low Self-Esteem

Low self-esteem means having a generally negative view of yourself. It can make teens feel unworthy, inadequate, or not good enough. This can affect their confidence, relationships, and overall happiness.

## Signs of Low Self-Esteem in Teens

- Negative self-talk or putting themselves down
- Avoiding challenges or new experiences
- Sensitivity to criticism
- Social withdrawal or isolation
- Difficulty accepting compliments
- Perfectionism or fear of failure

## How Parents Can Help

- Listen without judgment and offer support
- Encourage positive self-talk and celebrate strengths
- Help set realistic goals and praise effort, not just results
- Model healthy self-esteem through your own behavior
- Encourage social activities and hobbies that build confidence
- Seek professional help if needed

## Where to Get Help in the North of England

- **YoungMinds:** Support for young people's mental health
- **Kooth:** Online counseling and support for teens
- **Mind:** Mental health charity with local branches
- **Childline:** Confidential helpline for children and teens
- **Samaritans:** 24/7 emotional support
- **NHS Mental Health Services:** Local NHS services for mental health
- **The Mix:** Support service for under 25s

## Helpful Websites

- [YoungMinds](#)
- [Kooth](#)
- [Mind](#)
- [Childline](#)
- [Samaritans](#)
- [NHS Mental Health Services](#)

- [The Mix](#)

## Recommended YouTube Videos

- "Building Self-Esteem in Teens" by Kati Morton
- "How to Improve Your Self-Esteem" by Therapy in a Nutshell
- "Self-Esteem and Confidence for Teens" by Teen Therapy
- "Overcoming Low Self-Esteem" by Psych Hub
- "Tips for Parents to Help Teens with Self-Esteem" by Child Mind Institute