**Let’s Talk: Confidence**

**Secondary**



This resource is part of our self-care suite of resources and has been co-produced with children and young people living in Essex, for children and young people. They have also been developed and quality assured by the following stakeholders:

* Essex Educational Psychology Service
* Health Watch Essex
* Essex Mental Health Support Teams (MHSTs) NELFT NHS Foundation Trust
* Essex Multi-schools Council
* Essex Social, Emotional and Mental Health (SEMH) strategy team
* Essex Child and Family Wellbeing Service, HCRG Care Group in partnership with Barnardos
* NELFT NHS Trust Southend, Essex, and Thurrock (SET) Child, Adolescent and Mental Health Service (CAMHS)
* Professionals in schools and settings can access all these resources via the [Essex info link SEMH portal](https://schools.essex.gov.uk/pupils/social_emotional_mental_health_portal_for_schools/Pages/Self-care-for-CYP-Library.aspx). Children and young people (CYP), parents/carers and professionals can also access these resources via the SET CAMHS website. Our self-care content can also be accessed via SET CAMHS Instagram account:

The resources are intended to be accessed by CYP independently or trusted adults use these resources with CYP through 1:1 conversation, whole school/group discussion and assemblies.

Please note: some of the content within our self-care resources may be emotive for CYP. We recommend that you make use of the ‘signposting to support’ section of this document should any of the content be triggering.

**Introduction**

Confidence is about believing in ourselves, our abilities, and ideas.

Confidence is also about understanding and accepting ourselves for who we are. This could be:

* Feeling proud of your sexuality or how you look
* Being okay with not being great at sports
* Not wanting to change yourself to fit in with others

If we have high self-esteem, we feel good about ourselves. And if we feel confident, we feel like there are things we're good at. But sometimes, our confidence gets knocked, or we don't like ourselves very much.

We can all feel like this at times, but when we feel like this for a long time, it can become a problem.

Whatever affects your confidence or self-esteem, it's important to remember that you have the right to feel good about yourself.

**Facts**

* Positive experiences can boost our confidence and self-esteem.
* Negative experiences can lower our confidence and self-esteem.
* What effects confidence and self-esteem can be different for different people.
* The people we surround ourselves with can really affect our confidence and self-esteem
* Building your confidence and self-esteem can take time and practice, but there are lots of things you can do to improve the way you feel about yourself and your abilities.



**Myth Buster**

* You have to be successful to be confident X
* Self-confidence depends on your looks, money or upbringing X
* Confidence involves being pushy, loud and aggressive X
* Self-confidence is static X
* Someone must be outgoing to have confidence X

**Video clips**

Check out these videos about confidence:

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| * [Ted Talk lessons of self-confidence](https://youtu.be/BZ05M1UhPrY?si=RAIWYb8SITewUNu6)   Young person talking about self-confidence and offering tips of how to promote it in yourself |
| * [Washington Psychological Wellness](https://youtu.be/0_T-EW5Ir3s?si=kT_V3LYIhooKZXGQ)   How to develop self-confidence as a teenager |
| * [Building confidence | Tools and resources | How we can help (princes-trust.org.uk)](https://www.princes-trust.org.uk/how-we-can-help/tools-resources/building-confidence)   Prince’s Trust and L’Oreal Paris’ feature and resources to develop confidence |
| * [How to boost your confidence - BBC Bitesize](https://www.bbc.co.uk/bitesize/articles/z2y2h4j#z4pwmbk)   How to boost your confidence, combat imposter syndrome and stop comparing yourself to others |



**Resources**

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| We have indicated whether the resources are accessible for Ks3, Ks4 or Ks5+. However, some of the content may be able to be differentiated to suit other age groups of children and young people using these resources. |
| * [Positive mindset | Building confidence | Tools and resources | Help for young people | The Prince's Trust (princes-trust.org.uk)](https://www.princes-trust.org.uk/how-we-can-help/tools-resources/building-confidence/positive-mindset)   Teaching how a positive mindset can support develop and maintain self-confidence. (Ks3+) |
| * [Document\_Resource-Centre\_AllWorthIt\_Positivity\_PDF.pdf (princes-trust.org.uk)](https://documents.princes-trust.org.uk/Document_Resource-Centre_AllWorthIt_Positivity_PDF.pdf)   Self-worth confidence and positivity activity (Ks3+)   * [PowerPoint Presentation (princes-trust.org.uk)](https://documents.princes-trust.org.uk/Document_Resource-Centre_AllWorthIt_Confidence_Affirmations_PDF.pdf)   Supporting document to write your own positive affirmation (Ks3+)   * [PowerPoint Presentation (princes-trust.org.uk)](https://documents.princes-trust.org.uk/Document_Resource-Centre_AllWorthIt_Relationships_Balloon_PDF.pdf)   Hot air balloon activity (Ks3+) |
| * [Self-worth L’Oreal and the Princes Trust Resource\_PDF.pdf (princes-trust.org.uk)](https://documents.princes-trust.org.uk/Document_Resource-Centre_AllWorthIt_Positivity_PDF.pdf)   Self-worth, confidence and positivity tips (Ks3+) |
| * [Information for 11-18 year olds on confidence and self-esteem - Mind](https://www.mind.org.uk/for-young-people/feelings-and-experiences/confidence-and-self-esteem/)   Advice on how to develop your confidence and self-esteem (Ks3+) |

**Reflective questions**

(Try exploring these reflective questions with a CYP)

* How would you describe confidence?
* What can affect our confidence?
* How might you help a friend who has low confidence?
* Give 3 examples of things that you are proud of.

**Quiz**

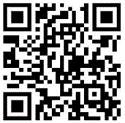
Once you have gone through this resource with a CYP try this quiz questions with them:

* Can you give an example of a myth about confidence?
* Can you give an example of something that could negatively impact confidence?
* Give 3 examples of things you can do to help build confidence.
* Give 3 ideas on what someone with low self-confidence might do to get support
* What can help build our confidence?



**Signposting to Support**

For additional support we recommend that trusted adults use these resources to support children and young people access support when required:

* [Anna Freud Centre – On My Mind](https://www.annafreud.org/on-my-mind/)
* [Kooth.com](https://www.kooth.com/) (Age 11-25)
* [Togetherall](https://togetherall.com/en-gb/) (age 16+)
* [Becoming a member and managing your profile | Togetherall](https://togetherall.com/en-gb/faqs/becoming-a-member-and-managing-your-profile/#:~:text=Togetherall%20is%20only%20for%20adults,is%20only%20available%20to%2018%2B.) (age 16+)
* [Explore counselling/therapy](https://www.nhs.uk/mental-health/talking-therapies-medicine-treatments/talking-therapies-and-counselling/counselling/)
* [Childline](https://www.childline.org.uk/info-advice/your-feelings/mental-health/?&&&&gclsrc=aw.ds&&gclid=EAIaIQobChMIqryktIeP_wIVicPtCh3QZQs6EAAYASAAEgJr5vD_BwE&gclsrc=aw.ds) - 0800 1111 – [when contacting ChildLine what to expect](https://www.youtube.com/watch?v=_KNtMOKwTco)
* [Hopeline 0800 068 41 41](https://www.papyrus-uk.org/papyrus-HOPELINE247/) offering confidential support and practical advice
* [Text ‘SHOUT’ to 85258](https://giveusashout.org/get-help/?gclid=Cj0KCQiA6vaqBhCbARIsACF9M6nG--bxZCnflhd5C3jT-d9dS48o5t6XTTTidI0MLTgwjjRAlxszRT8aAnvvEALw_wcB) for free, confidential, anonymous text support service.
* [Share any concerns about your mental health with your GP](https://www.mind.org.uk/information-support/guides-to-support-and-services/seeking-help-for-a-mental-health-problem/talking-to-your-gp/) and [Understanding Confidentiality](https://www.mind.org.uk/for-young-people/your-rights/understanding-confidentiality/)
* [NHS 111](https://www.nhs.uk/nhs-services/mental-health-services/)
* [Southend, Essex & Thurrock Children and Adolescent Mental Health Service (SET CAMHS)](https://www.nelft.nhs.uk/set-camhs/)
* [Where to get urgent mental health support from: Advice from NHS](https://www.nhs.uk/nhs-services/mental-health-services/where-to-get-urgent-help-for-mental-health/)
* SET CAMHS Instagram account 

**How to help a friend**

* Share this resource with them
* Tell them about the SET CAMHS Instagram account
* Help them to relax
* Listen to them and reassure them

**The adult box** (for professionals and parent/carers to read)

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| * [5 ways you can help boost your child’s confidence this summer - BBC Bitesize](https://www.bbc.co.uk/bitesize/articles/z4dfn9q)   BBC Bitesize resource for parents with advice on how to boost your child’s confidence |
| * [14 Strategies for Building Confidence in Your Children | Psychology Today](https://www.psychologytoday.com/us/blog/being-your-best-self/202103/14-strategies-building-confidence-in-your-children)   Psychology today offer strategies to support build your child’s confidence |
| * [12 Tips to Raise Confident Children | Building Self-Esteem | Child Mind Institute](https://childmind.org/article/12-tips-raising-confident-kids/)   Child Mind Institute recommended strategies to support build your child’s confidence and self-esteem |
| * [Building confidence in girls | Spotlight stories | YoungMinds](https://www.youngminds.org.uk/professional/spotlight-stories/how-i-help-build-confidence-and-resilience-in-young-girls/)   YoungMinds advice on supporting build confidence in girls |
| * [The Dove Self-Esteem Project | Dove](https://www.dove.com/uk/dove-self-esteem-project.html)   Dove self-esteem project offer support develop your child’s confidence and self-esteem |
| * [Dove Self-Esteem Project workshops for schools – Dove](https://www.dove.com/uk/dove-self-esteem-project/school-workshops-on-body-image-confident-me.html)   Dove’s school workshops on body image: Confident Me |
| * [Self-esteem activities for youth leaders – Dove DSEP](https://www.dove.com/uk/dove-self-esteem-project/self-esteem-resources-for-youth-groups.html)   Dove have put together some self-esteem activities for youth groups |
| * [Confidence Kit: A tool to help build positive body confidence in your child | Dove](https://www.dove.com/uk/dove-self-esteem-project/help-for-parents/confidence-kit-a-tool-to-help-build-positive-body-confidence.html)   Dove’s confidence kit provides tools that support children and young people develop body confidence |