

Article #46

The 40 Developmental Assets were assessed in June 2005 using the survey *Me and My World*. Of the children surveyed in our community, 66% report that they experience the asset *Self-esteem*.

Asset #38: Self-esteem—Young person likes and is proud to be the person he or she is.

Consider this . . .

Thinking highly of yourself does not mean you are arrogant or “stuck up.” Believing in your inherent self-worth and having pride in yourself are important foundations for healthy relationships and for contributing to society.

Try this . . .

Adults:

- Honor young people’s “little successes” (such as doing a great job on a homework assignment, trying out for a play despite having stage fright, or taking better care of themselves).
- Listen to young people and take them seriously.
- Give meaningful praise and constructive criticism. This lets young people know that you think they are great and that they can be even better.
- Acknowledge that everyone has insecurities and that they can be overcome.
- Facilitate activities that encourage young people to say kind things about one another.
- Every day tell the young people in your life at least one thing that you like about them.

Youth:

- Pay attention to how you talk about and think about yourself. Are you kind to and supportive of yourself? If not, why not? Think about what's good about you and remind yourself of that often.
- Volunteer in an organization or on a project that you think is important.
- Every day tell each of your friends or your siblings at least one thing that you really like about them.

From *Get the Word Out: Communication Tools and Ideas for Asset Builders Everywhere*.

Copyright © 2003 Search Institute, 800-888-7828, www.search-institute.org. To learn more about our local initiative, contact: Pulaski Community Partners Coalition, 980-3228 or visit our website www.aboutpepc.org.