

# Self-Esteem

## Teenager

**Self-esteem** is the **value we give to ourself** in the many **spheres of our life**.

Each of us attribute to him/herself a value based on his/her opinions about his/her **physique, intellect and social life**.

A **good opinion** of ourself in most of these spheres lead to a **good self-esteem**.

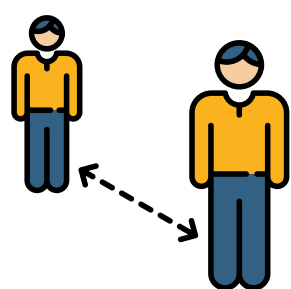
**Teenagers need to find their place in those spheres:**

- (1)** Family
- (2)** Friends
- (3)** School

**Teenagers need:**

- Role models to be able to project themselves in the future
- To learn to solve problems
- To experience success

**Adolescence** is a crucial period for the development of **self-esteem**, in which teenagers are forming their **identity**.



That implies:

- To **distance themselves** from their parents
- To **explore** intimate relationships



**Physical transformations** put teenagers at **risk on a self-esteem level**. They need **confirmation of their value** from the adults surrounding them. They also need to reinforce their own **sense of worth through encouragement**.

Even when they don't seem to care, teenagers are **sensitive to your comments and reactions**. They are particularly **vulnerable** in that period to everything touching their **fragile and forming sense of identity**.

**Adolescence** is a period of change in **perceptions**. Teenagers need your unconditional **support and presence**.

**Teenagers needs** include :

1. Their **parent's trust**.
2. Their **participation** in the establishment of rules.
3. To learn to **manage stress**.

### Role of Adults

It is essential for teenagers to get the **respect** and the **recognition** they need from their parents, which must take into account their **unique strengths and sets of challenges**.

Teenagers have specific **needs**, namely :

1. Being **loved, listened to and understood**.
2. To **express themselves**, to **distance themselves** from their parents and to **become more independent**.
3. To be **recognized and respected** for who they are.
4. Meeting **realistic expectations** from their parents.



**For more tips and tricks to help you support people with ADHD, don't hesitate to contact us!**

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