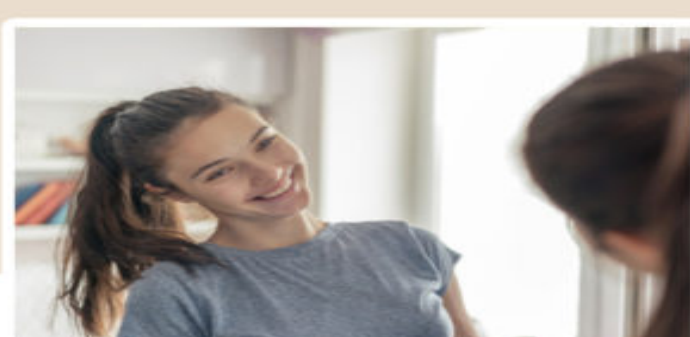


Ways To Boost Your Teen's Self-Confidence



Certificate of Recognition

Every month, give your teen a certificate recognizing their small wins or achievements.



Positive affirmations

Inculcate in them the habit of looking in the mirror every morning, smiling, and saying positive affirmations before beginning the day.



Gratitude journal

Encouraging your teen to maintain a gratitude journal is a good way to be grateful for what they have.



Negative self-talk exercise

Teach your teen how to turn a negative thought into a positive one.



"I am" board

Create a board and paste a picture of your teen in the center. They will surround the photo by writing all the things they are.



Assertive communication

Teach your teen to say no when they do not want to do something without being rude.