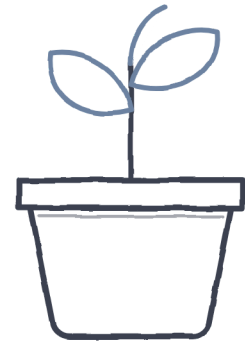


FACT SHEET • SECONDARY

Helping Your Young Person Build Confidence

Confidence at this age is built by evidence: proof, gathered from real experience, that they can actually handle things. A young person who is only ever told they're brilliant can start to doubt it the moment something goes wrong. Confidence built on genuine competence holds up far better than confidence built only on compliments. Here's where to start.



TIP 1

Praise the effort, not the result

Which subject felt hard this week and why matters more than the grade itself. Notice the work and effort that went in, not just the final result.

TIP 2

Let them do hard things alone

Booking something online or sorting out a mix-up with a friend builds more self-belief than any pep talk. Step back before you step in.

TIP 3

Let failure be survivable

A challenging test result or not getting a part in the school play is proof that setbacks don't end the world. Resist rescuing them from the disappointment itself.

TIP 4

Point out their own growth

Remind them what they couldn't do a year ago that they can do now, from cooking dinner to managing their own timetable. Progress is easier to see looking back than looking forward.

TIP 5

Find something just for them

A hobby, sport or instrument they choose themselves, away from school grades entirely, gives confidence a second source. It matters less what it is than that it's genuinely theirs.