

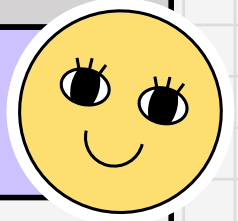
SELF-ESTEEM IN PUBERTY



PARENTS EDITION

for parents of prepubescent and
pubescent children

WHAT IS SELF-ESTEEM?



Self-esteem are the **feelings or opinion**, positive and negative, that a person holds towards themselves. Self-esteem is relative and forms a continuum ranging from high self-esteem through low self-esteem.

Puberty

Puberty is a time of **physical growth and cognitive development** where the onset can vary by gender and across individuals (NIH)

- Girls: 10-14 years old
- Boys: 12-16 years old



Self-Esteem and Puberty

- During puberty, self-esteem can **decrease** as your child copes with their body changing
 - May compare their bodies to peers or,
 - Look to societal expectations and beauty standards

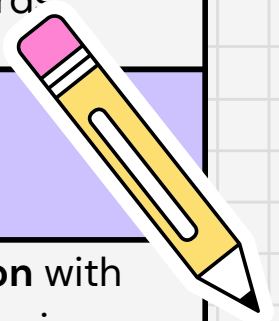
Social Comparison

- Your child likely will engage in **social comparison** with their peers to determine how well they are fitting in

This may look like:



- dressing differently
- spending more time with friends rather than family
- changes in interests/priority



TIPS

- Help them focus on other facets of their identity **outside of appearance**
 - ex. good student, great musician, amazing athlete, etc.
- Understand that they want to have a higher self-esteem but may be currently struggling with their feelings
 - self-esteem is **not** always stable especially when discussing low self-esteem

REFERENCES:

National Institute of Child Health and Human Development. (n.d.). *Puberty*.
<https://medlineplus.gov/puberty.html#>

