



# How to build confidence and self esteem in a teenager

Build your teen's confidence to support them to take on new challenges.



Building your teen's confidence will support them to take on new challenges. Making realistic goals that are attainable will help your teen's confidence. Remind them of what they love and what makes them happy, keep it in perspective.

Learn tips to help navigate the tricky teenage years.

[Music]

Narrator: Success looks different for everyone, so don't put pressure on yourself or your child by setting goals that are too big and ambitious. By identifying realistic goals, you can get some runs on the board, which will build your confidence and your child's confidence too.

Discover more on the Spark their Future website.

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