

D.A.R.E.

How to Build up your Self-esteem

You control your attitude; don't let it control you – Officer Abercrombie

Student Name _____

Building your child's self-esteem

It has been proven that children with good (high) self-esteem are less likely to use drugs or join gangs.

Please list four positive compliments you could give your child to help build up their self-esteem.

1. _____
2. _____
3. _____
4. _____

Good Character

The six pillars of character are trustworthiness, caring, fairness, responsibility, respect and citizenship. These six pillars help a person to be more successful in life. Write how you can demonstrate those characteristics at school.

Example: Responsibility - I can demonstrate I am responsible by turning in my homework on time.

Fairness _____

Respect _____

Caring _____

Responsibility _____

Trustworthiness _____

Citizenship _____

Parent signature _____

Building Your Self- Esteem

1. Associate with positive and supportive people who you respect. You can learn from these people how to improve and be a role model for others.
2. Make a list of your past successes. These can be passing a test, learning to ride a skateboard, hitting a baseball or learning how to play an instrument. Look at this list when you think you can't accomplish something new.
3. Don't compare yourself to others. Remember we all have a special talent. Someone might do something better than you, but you can do something better than someone else.
4. Give yourself a pep talk when you are faced with a problem. Say to yourself "If I stay focused and positive I can accomplish this task."
5. Wake up each morning and think of your positive qualities. For example "I am good at math" I am friendly to those around me" I always try my best".
6. Listen to positive music. Songs with negative lyrics can cause people to start thinking negative. There are positive rap songs.
7. Read up lifting books or articles. The news is filled with negative stories. Some people get depressed reading them. Read books about how people overcame challenges to succeed.
8. Remember that several people believe in you. Your D.A.R.E. officer and teacher know that you are very talented and can achieve your goals. The best way to start is to say "I will succeed".
9. Smile as much as possible. Some times things happen that brings us down. Remember it takes more muscles to frown than smile.
10. Participate in positive alternatives. These alternatives can be sports, music, clubs or community service projects.
11. Ask for help with difficult problems. Don't be afraid to ask a teacher, parent or friend for help. No one knows everything. We all need help some time in our life.
12. Tell your family or those around you how much you appreciate them. Everyone wants to know that someone loves or cares about them.
13. Be a positive role model for others. Remember what you have learned in D.A.R.E. and share it with other friends and family members.
14. Learn something new everyday. This gives you a great opportunity to help guide your future.
15. Don't try to be perfect! Aiming for perfection is a lost cause because no one is perfect. You are special and unique.
16. Set goals and obtain them. Setting goals allows you to accomplish great things. Celebrate when you achieve a goal and set a new one.
17. Give a friend a compliment every day. It will not only build their self-esteem it will do wonders for your self-esteem.