



Fitting in & Self esteem

01

Overview

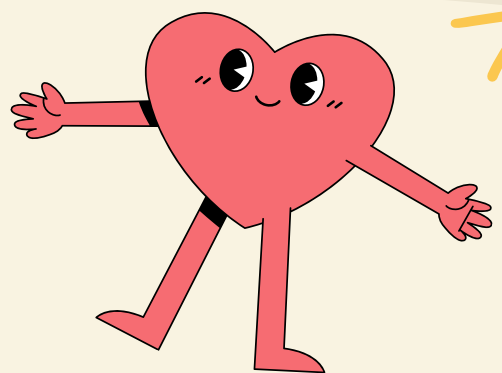
Fitting in means feeling like you belong and are accepted by others. When you feel included, your self esteem usually goes up. But if you have trouble fitting in, it can make your self esteem drop. Feeling good about yourself also comes from accepting who you are.

From around ages 10 to 24, you're in a stage of life where you feel social stressors more intensely. These days, young people are also feeling lonelier than any other age group, and about twice as many adolescents worldwide are experiencing loneliness than just 10 years ago.

Facts

02

- Everyone wants to feel like they belong
- High self esteem makes it easier to be yourself
- Low self esteem can come from not fitting in
- Fitting in doesn't mean being the same as everyone else



03

Building community:

A community is a group of people who usually share interests, neighborhood, school, religion or other things in common.

- Chat with a classmate you think youd get along with
- Get involved outside of school
- try to start a conversation with one new person every day
- be friendly to people you see in passing

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YOU ARE
ENOUGH



04



Example

A student feels left out because their classmates all like the same music, but they prefer something different. This makes them feel like they dont fit in and lowers their self esteem.

To resolve this they could remind themselves that its okay to have different tastes, find friends who share they interests, and focus on their own strengths. Over time, this will help to build confidence and shows that fitting in doesn't mean being exactly like everyone else.



Tips for building self esteem

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- Remember, you cant read peoples minds
- use positive self talk
- practice self compassion
- notice your negative thoughts and challenge them

My Neighbor’s Keeper Alliance Inc.



Mental Health America
mhanational.org

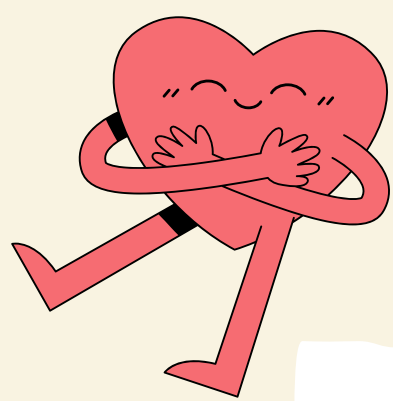


Want to learn more?



Factors

06



Societal



- Media, Culture, Peer pressure

Enviornmental



- School, home, community

Personal



- Confidence, self acceptance, individuality

IN CRISIS?

If you or someone you know is struggling or in crisis, help is available. Call 988 or chat at 988lifeline.org. You can also reach Crisis Text Line by texting MHA to 741741

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B E Y O U R
O W N H E R O