

Tweens And Self-Esteem

(NAPSA)—Contrary to popular opinion, today’s “tweens” aren’t as worried about being cool or making new friends during the school year as they are about having harder homework, getting good grades and making their parents proud. A recent national survey of more than 800 pre-teens also reveals that peer pressure is one of the top three concerns pre-teens are “very worried” about.

Pre-teens are highly satisfied with the academic and social aspects of their lives, but physical appearance is a major source of dissatisfaction. Studies show that jitters about peer pressure and dissatisfaction with physical appearance can be indicators of low self-esteem.

The survey reveals good news about relationships tweens have with adults—about 90 percent of tweens say that how they are treated by the adults in their lives makes them feel good about themselves. The survey was conducted on behalf of uniquely ME! The Girl Scout/Unilever Self-Esteem Program.

“The tweens I’ve met ask serious questions such as ‘how can I get self-esteem if I’m overweight,’ or ‘how can I get self-esteem when there’s nothing special about me,’” said Olympic gold medalist Dominique Dawes, the program’s national spokesperson. “It’s so important that these kids know that they are unique and special, and that everyone, including world-class athletes like me, faces self-confidence issues at times. The uniquely ME! program teaches kids how to believe in and like who they are which then helps them achieve their dreams and aspirations.”



Dominique Dawes talks to tweens about how building a positive self-image can prevent self-destructive behaviors such as drug abuse and eating disorders.

Dominique offers some simple tips to help kids learn to love who they are:

- Celebrate yourself
- Surround yourself with positive people
- Challenge yourself to try new things
- Be good to your body
- Learn from your experiences
- Find humor in everyday life
- Remember that you are unique

The uniquely ME! program was developed by Unilever and Girl Scouts of the USA and is designed to build and foster self-esteem in girls 8 to 14 nationwide. The core curriculum includes exercises on recognizing one’s strengths and best attributes, handling peer pressure, healthy eating habits, hygiene, general wellness, exercise and identifying core values and personal interest. For more information, visit www.girlscouts.org.