

Ideas of how to increase self-esteem and self acceptance:

1. **Start a Journal:** Journaling can help articulate inner feelings you didn't even know you had.
2. **Find a Mentor:** While writing is helpful, sometimes you need to verbally express yourself to an adult who will just listen.
3. **Play a sport:** When you join a sports team, you create a common group of friends with common interests. In addition, the endorphins released during exercise improve your mood and make you feel better.
4. **See a therapist:** Taking to a therapist is helpful because this is a trained professional who has alternate viewpoint and can give you a new perspective.
5. **Participate in an afterschool program:** By participating in Girls Inc., we have found our voices and we know how to stand up for ourselves. We have also developed relationships that we might not have made before.
6. **Find an enrichment class you like:** From drama, to dance, to singing, to art taking classes, tap into your personal development help you to feel better about you.

Conclusion

These suggestions and statistics are based on our research. Increasing Self-Esteem and Self Acceptance will not occur overnight. These are suggestions to assist in the process. We encourage you to be reflective about your personal self-esteem and acceptance, and take the appropriate actions, stick with the process the outcome will be extremely rewarding.

Girls Inc. of the Island City Blueprint Social Action Program members:

Frances - Junior

Imani - Sophomore

Janis - Sophomore

Cassandra - Sophomore

Erewa (Rere) - Freshman



Self-Esteem & Self Acceptance

A Guide to increasing and maintaining Self-Esteem & Self Acceptance

Girls Incorporated of the Island City
Blueprint Social Action
Group

Who are we?

Girls Inc's *Blueprint* program provides a welcoming environment for teenage girls to come together and address social issues effecting young women and youth. Our goal is to encourage growing leaders to actively participate and make a change in their community.

What is Self-Esteem & Self Acceptance?

We define self acceptance as being okay with yourself and your body; not comparing yourself to others; being ok with the fact that you don't fit into one stereotype; respecting yourself and others; being comfortable with your talents and flaws; and standing up for yourself in all circumstances.

Why is Self-Esteem & Self Acceptance Important?

High self-esteem also allows teens to make better choices. Teens who have higher self-esteem are more likely to make better choices in regards to things such: sexual activity, relationships, school, friends, etc. Having good self-esteem is directly connected to good grades and success later in life.

How can high Self-Esteem & Self Acceptance be maintained?

This brochure will provide organizations that you can join which will assist in the development of your self-esteem.

Organizations:

Girls Incorporated of the Island City

Mission: *Inspiring all girls to be strong smart and bold through innovative programs, activities, and advocacy*

Programs: Blueprint Social Action Program meets Monday's afterschool from 4:00-5:15. Girls in grades 9-12 can come discuss, and raise awareness about programs that affect them in their communities. By participating in this program, we learn how to advocate for issues that affect them, in turn making the communities we live in safer.

Website: www.girlsincislandcity.org

Girls Incorporated of Alameda County

Mission: *Inspiring all girls to be strong smart and bold*

Programs: ACT is an advocacy program where girls raise awareness around issues of health disparities in their community. By participating in this program girls learn to find their voices and help create change in their communities.

Website: <http://www.girlsinc-alameda.org/>

Organizations continued

Y.W.C.A Berkeley/Oakland

Goals: *eliminate racism, empowerment of women, leadership development*

Programs: The Y.W.C.A offers a mentorship program. In this program, you can connect with an older woman who can assist you through the everyday trials and experiences of life. This program serves girls ranging from elementary school to college. By participating in this program, girls cannot create a safe adult relationship that can assist in the development of self-esteem.

Website: www.ywca-berkeley.org

Girls Scouts of the Greater Bay Area

Mission: *Girl scouting builds girls of courage, confidence, and character who make the world a better place*

Programs: Service is important to the Girls scouts; all troops are encouraged to participate in service that will assist people, animals or the environment. Troops are encouraged to plan their own projects. By planning and participating in these projects girls and teens are able to take the learned advocacy into action.

Website:

<http://www.girlscoutsnorcal.org/pages/gba/index.html>