

Nothing can
dim the light
that shines
from within.

~Maya Angelou

May

SELF-ESTEEM

Person feels a sense of
self-worth and self-respect

As families and community members we have the ability to help children build a strong foundation for future success!

Assets are about knowing you and what you are: a valuable, worthwhile person with many talents.

Here are some easy ways to make that difference to youth in your life.

Youth—

- Set realistic expectations.
- Stop comparing yourself to others.
- Stand up for your personal beliefs.
- Trust yourself. You know more than you think you do.
- Every choice matters.

Adults—

- Tell them how terrific they are.
- Praise more; criticize less.
- Follow them when they lead.
- Inspire their creativity.
- Applaud their successes.

Provided to you by
Women's Leadership Council of
United Way of Seneca County
with guidance from
Search Institute—

Healthy Communities/Healthy Youth

CONTACT A REPRESENTATIVE TODAY:

Dede Olufsen

PO Box 623, Suite 215 Main Street Shops

Waterloo, NY 13165

315.539.1135

FAX 315.539.3335

www.uwseneca.org

