

Help girls to improve their self-esteem

Developing a healthy self-esteem is important for girls, especially when they reach adolescence. Girls need the freedom to explore all aspects of their talents and skills, and not feel pressured by preconceived notions of what it means to be female. These are a few ways in which you can help your child:

- Encourage your child to think independently and to consider their needs as well as those of others.
- Give your child the freedom to work on goals she sets for herself.
- Recognize the achievements of your daughter, especially when it comes to meeting self goals.
- Encourage your child to express herself without being judged for her views.
- Talk about gender stereotyping in our society - on television, popular music, advertising, magazines - and encourage your child to think about how girls and women are viewed in our society.
- Learn about the contributions that women have made in our society in various fields. For example, if your child is interested in science, learn more about the contributions of women scientists.
- Use comprehensive language – such as police officer, not policeman.
- Talk to your child about what she is thinking and feeling.
- Help your child be aware of negative influences, such as discrimination, sexual harassment and violence against women.
- Encourage your child to take self-defense classes.
- Set a good example for your daughter.
- Encourage your child to have a diverse group of friends.
- Introduce your child to books and stories written by women who have strong female characters.