

Youth Development/Raising Self-Esteem

According to the National Youth Violence Prevention Resource Center, teen suicide is a serious problem in the United States. It is the third leading cause of death among teenagers with almost 2,000 teens killing themselves each year.

This program will teach youth the importance of being themselves and that they have value in the family, and to others. Concepts including embracing self-esteem, being responsible, self-esteem are presented in age-appropriate workshops. This program includes interactive role playing activities, enabling the participants to walk away feeling empowered and seeking change for the better.

From this workshop participants will learn:

- Effective communication skills
- To cope with peer pressure
- Skills to strengthen a positive self-image
- Basic social etiquette
- To develop a circle of respect
- To cultivate an 'I Can' attitude
- The use and value of powerful affirmations

Participants will benefit by:

- Increasing self-awareness
- Desiring to communicate more
- To share this gift with others
- Knowing the power of effective communication.

"Loving oneself is far greater than anyone could ever imagine. Once you learn this, the sun will not only shine in your space, but in the space of others, as well."

– LRH. Jr.