

GIRLS

CONFIDENCE

Charlotte Smith's Action Piece

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***WHAT IS
CONFIDENCE?***

Definition 1

The Confidence Code for Girls, by Katty Kay and Claire Shipman, defines confidence as, "Confidence is what turns our thoughts into action"

Thoughts+Confidence=Action

Definition 2

Merriam Webster defines confidence as, "a feeling or consciousness of one's powers or of reliance on one's circumstances"



GIRL POWER

Definition 3

Dictionary.com defines confidence as, "belief in oneself and one's powers or abilities; self-confidence; self-reliance; assurance"

**Life is
tough,
my darling,
but so
are you.**

- Stephanie Bennett-Henry -

www.livelifehappy.com

My Definition of Confidence

Confidence is when you do not care what people think about you, and you know you can overcome your fears.



A woman is like a tea bag - you never know how strong she is until she gets in hot water.

(Eleanor Roosevelt)

izquotes.com

Teenage girls need a way to boost their confidence because studies show that girls between the ages of 8 and 14 have their confidence drop by over 30%



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WHY DO GIRLS LOSE THEIR CONFIDENCE?

Peer Pressure

One reason girls lose confidence is from peer pressure.

- ↳ Drinking: When you are with a group of people drinking, and you do not want to drink, but they pressure you into drinking.
- ↳ Sex: Feeling like you have to have sex because everyone else says they have.
- ↳ What to wear: wearing clothing that might not be appropriate because other people wear it.

Social Media

- ↳ The idea of the perfect picture:
- ↳ The perfect life: Wanting everyone to think you are happy when you are not.
- ↳ The perfect body



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Internal Pressure?

Internal pressure is not wanting to disappoint others

1. Grades
2. Appearance: Feeling like you have to look a certain way to hang out with people.
3. Friendship: Feeling the pressure to remain friends with someone who is not a good person.
4. Boys
5. Puberty

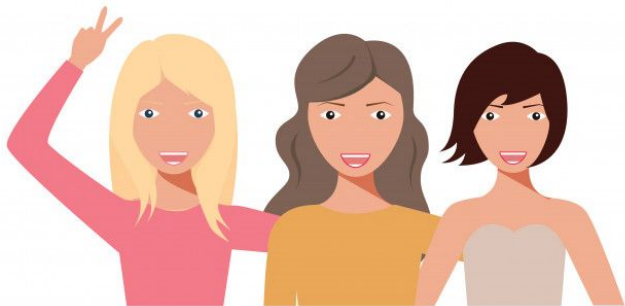
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HOW TO REGAIN CONFIDENCE

Supportive Friends

Find friends who...

- ↳ make you feel good about yourself
- ↳ stick with you through good and bad
- ↳ Like you for who you are



Hangout with Confident People

Hanging out with confident people helps you see what confidence looks like



Find Things that Make you Feel Good about yourself.

1. Write down things that make you feel confident
 2. Sports
 3. The arts
 4. Be a positive person
 5. Helping out others
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I play soccer, and this makes me feel good because I work with my team and I feel accomplished at the end. Whether we lose or win, I feel confident because we worked together, and we did our best.