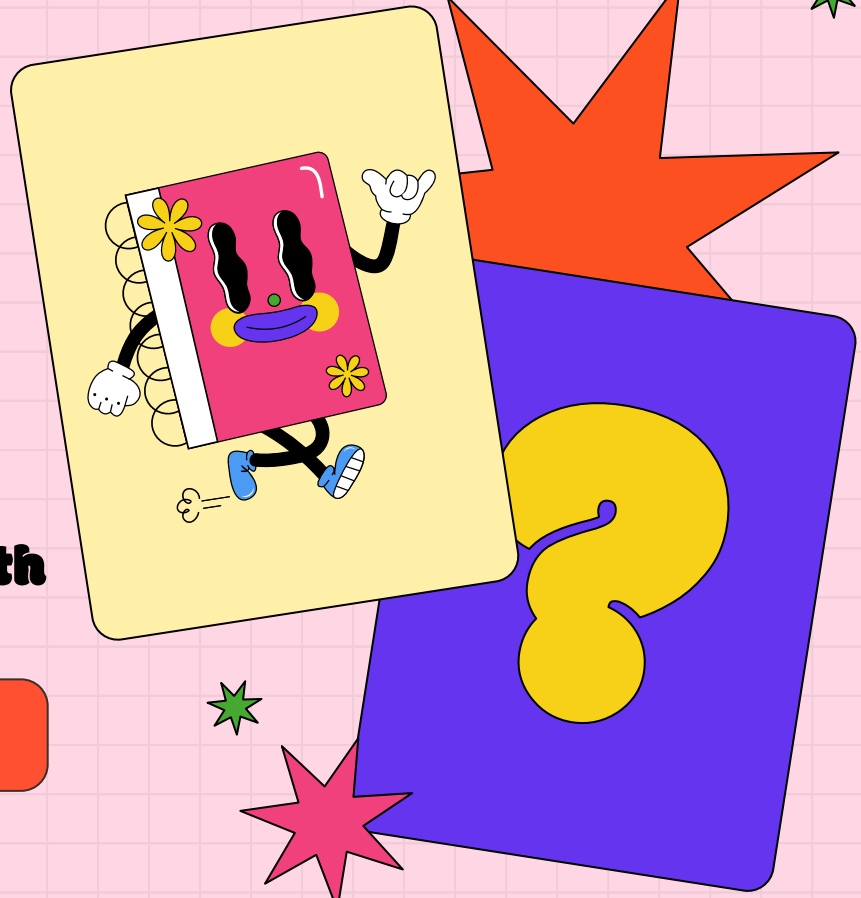
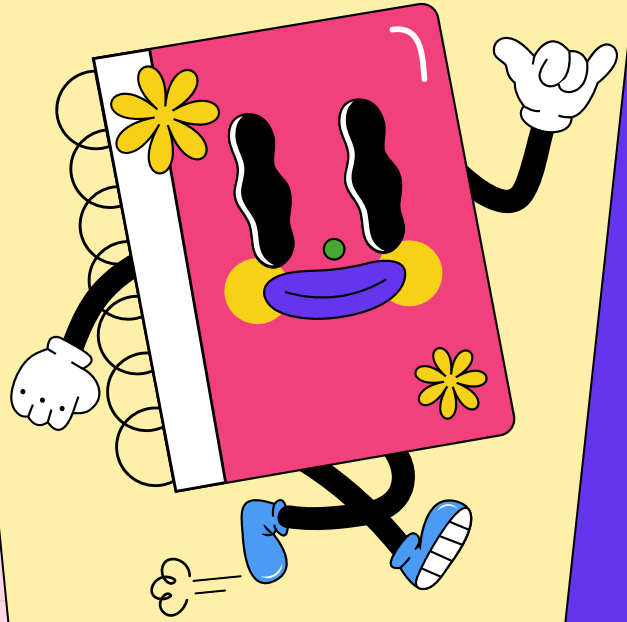
Glow up!

Guiding your child's journey with Self Image and Identity

5th through 8th grade





Checking In

Self Identity and Self Image

1. Some of the milestones and general points to consider
2. Psychological Developments - Dahra Williams, Ph.D., Consulting Psychologist
3. Physical - Catherine Mitchell RN, School Nurse

What is Self-Esteem?

Self-esteem is when they:

- Feel good about themself
- Are proud of what you can do
- Do they see the good things about themself?
- Can they recognize them?
- Feel liked and accepted by others
- Accepting of themself, even when they make mistakes
- Believe in themself, even when they don't do well at first

It can be physical



It can be personal characteristics

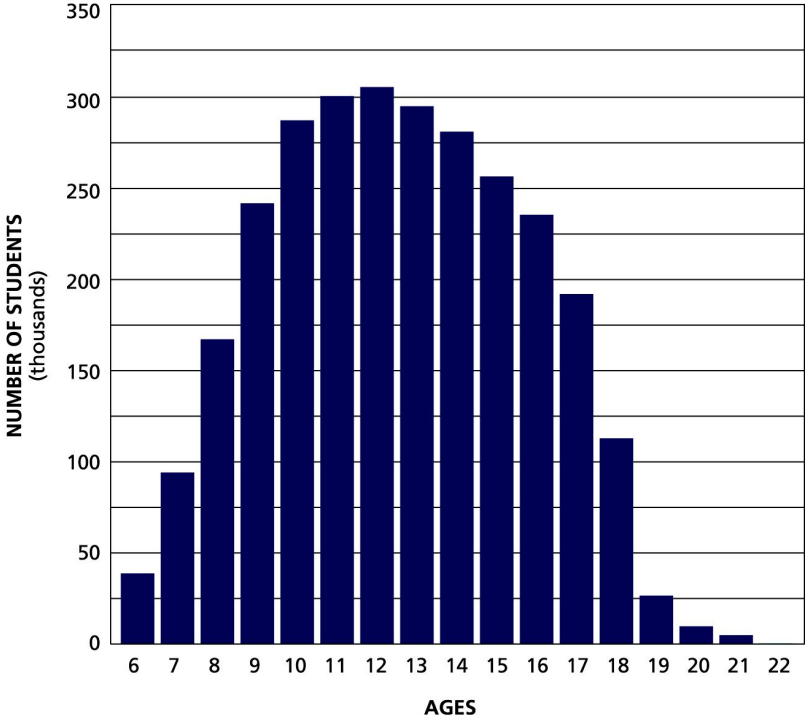
What is Self-Concept



Self-concept:

- Is what makes you, “you”
- Is a part of their identity
- Is created through experiences with others
- Might be affected by what others think about them
- Is knowing the things they like about themself

Age that Learning Diffs are Identified



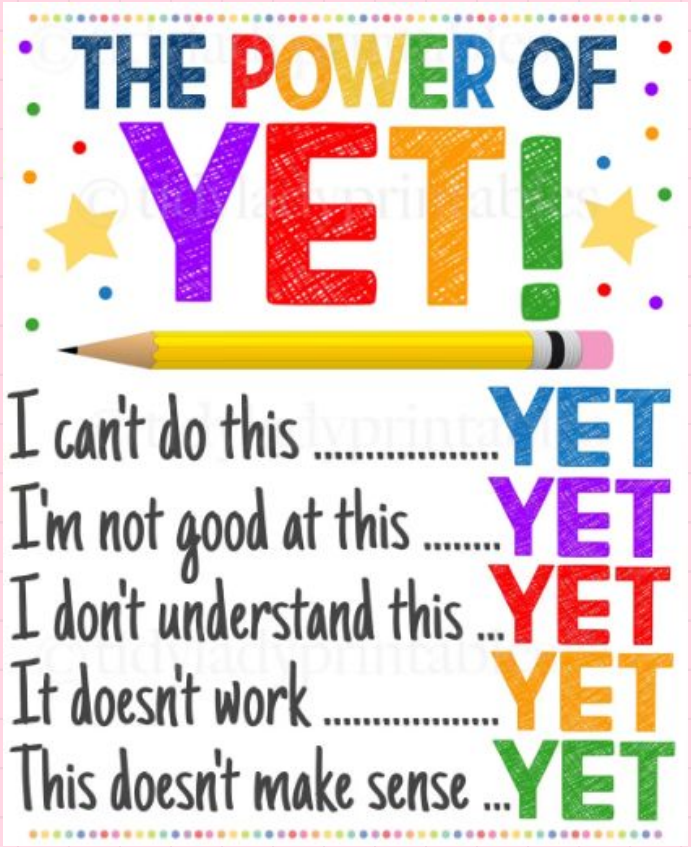
Other More Sensitive Matters

- Gender Identity
- Sexual Identity
- They are talking about it with peers, researching it online
- Avoidance doesn't mean they are not curious

https://kidshealth.org/en/parents/sexual-orientation.html

Building a Positive Self Concept

- **Outside Factors:**
  - Feeling supported by family and friends
  - Being involved in hobbies and activities
  - Having a safe space to learn
- **Inside Factors:**
  - Having a clear idea of who they are
  - Having expectations that they can accomplish anything in life
  - Being positive


THE POWER OF
YET!
I can't do this ..... YET
I'm not good at this ..... YET
I don't understand this ... YET
It doesn't work ..... YET
This doesn't make sense ... YET

Changing Put Downs to Positive Self Talk

- **Personal Put Downs:**
  - “I can’t play sports”
  - “I always fail”
  - “Here we go, arguing again”
- **Speak Sensibly About Yourself!**
  - “I work hard to improve my abilities”
  - “I can learn from failure, I can strive for success”
  - “I am a GREAT friend and we will work this out”

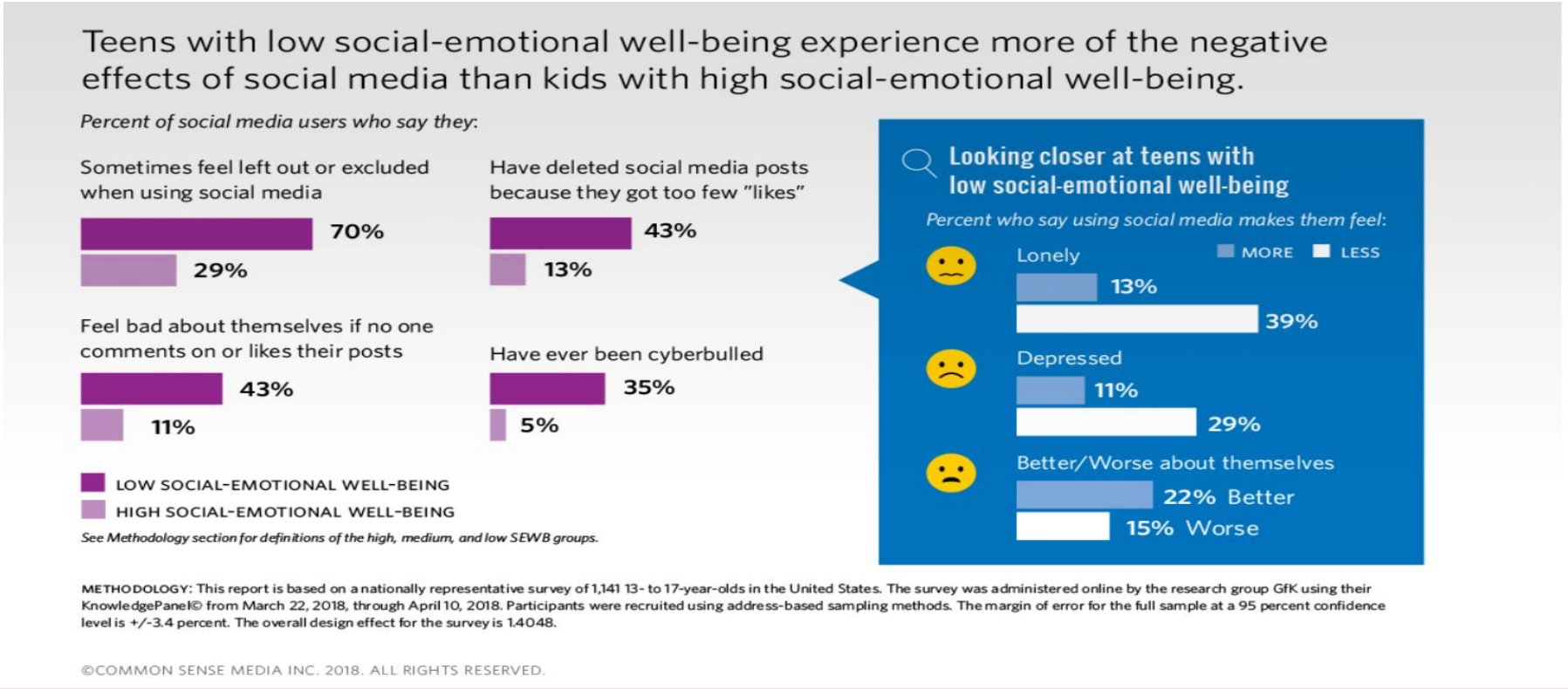
What's going on in their world?



Social Media

- "When we look at how social media behaviors correlate to mental health symptoms, we see that more time spent using social media is tied to an increase in mental health symptoms."
  - 8th graders who spend 10 or more hours a week on social media are 56% more likely to report being unhappy than those who spend less time.
  - We also see that higher emotional investment in social media is strongly correlated with higher levels of anxiety.

- It remains unclear whether social media is causing negative outcomes or whether children with mental health issues are turning to social media to soothe their symptoms.

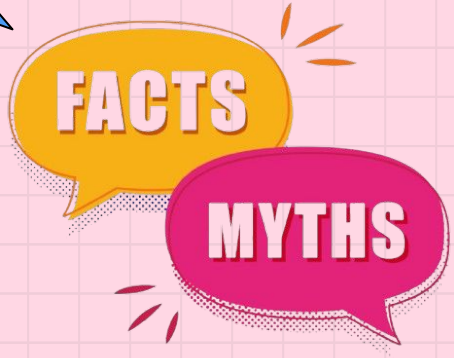


METHODOLOGY: This report is based on a nationally representative survey of 1,141 13- to 17-year-olds in the United States. The survey was administered online by the research group GfK using their KnowledgePanel© from March 22, 2018, through April 10, 2018. Participants were recruited using address-based sampling methods. The margin of error for the full sample at a 95 percent confidence level is +/-3.4 percent. The overall design effect for the survey is 1.4048.

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- **Myth**
  - Technology is rotting our brains
- **Reality**
  - Technology is changing our brains

- **Myth**
  - Technology is bad for kids
- **Reality**
  - There are lots of benefits from interacting with technology



- **Myth**
  - I won't be able to manage by kid’s use of technology
- **Reality**
  - YES YOU CAN!! But it will be tough and ever changing requiring me to be patient and flexible

Common Challenges among Middle Schoolers

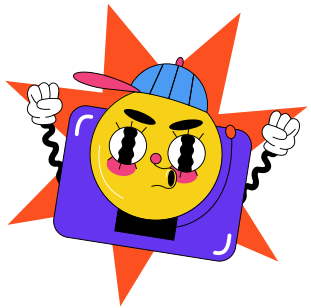
- Increased sensitivity to peer opinions and social comparison
- Body image concerns due to physical changes
- Social media pressure and digital identity management
- Academic performance impact on self-worth
- Shifting relationships with family members
- Need for independence while still requiring support

Supporting Your Middle Schooler

- Listen without judgment
- Validate their feelings and experiences
- Encourage positive self-talk and realistic self-assessment
- Help set healthy boundaries with social media
- Promote activities that build confidence
- Maintain open communication channels
- Celebrate individuality and unique qualities

Warning Signs

- Sudden changes in behavior or mood
- Change in sleep patterns
- Extreme self-criticism
- Social withdrawal
- Unhealthy eating patterns
- Anhedonia
- Declining grades



What you can say to help

- You are not alone in this. I'm here for you.
- I may not understand exactly how you feel, but I care and want to help.
- You are important to me. Your life is important to me.
- Tell me what I can do now to help you.
- I am here for you. We will get through this together.

What NOT to say:

- It's all in your head.
- We all go through times like this.
- You'll be fine. Stop worrying.
- Look on the bright side.
- Just snap out of it.
- Stop acting crazy.
- What's wrong with you?
- Shouldn't you be better by now?
- You have so much to live for; why do you want to die?

- How could you feel that way??
- You're Wrong
- Don't bother me now
- Is that all, I thought it was something important
- In my day....
- How could you do this to me?
- You're stupid... Crazy.... incompetent...

Universal Don'ts

- Don't:
  - Minimize a problem
  - Lecture or moralize
  - Excessive talking
  - Take over a teen's problem
  - Overreact
  - Compare to other teenagers

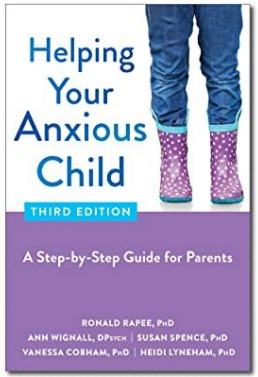
What our kids need from us

- Guidance and a life jacket
- Help with time management (online and offline)
- Protected study time
- Protected sleep time
- Help with sticky or uncomfortable situations online
- A clear understanding of family values and expectations about online (and in person) behaviors
- Parents who are good digital role models

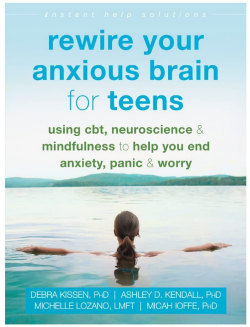
Action Steps for Parents

- Schedule regular check-ins with your child
- Create safe spaces for honest conversations
- Monitor social media use without hovering
- Connect with teachers and support staff at school/counselors/coaches
- Model healthy self-image and confidence
- Encourage participation in positive activities
- Seek professional help when needed

Some faves

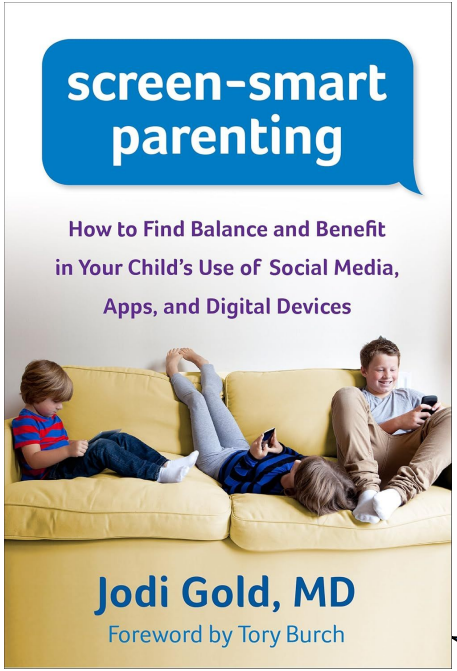


Therapist Recommended

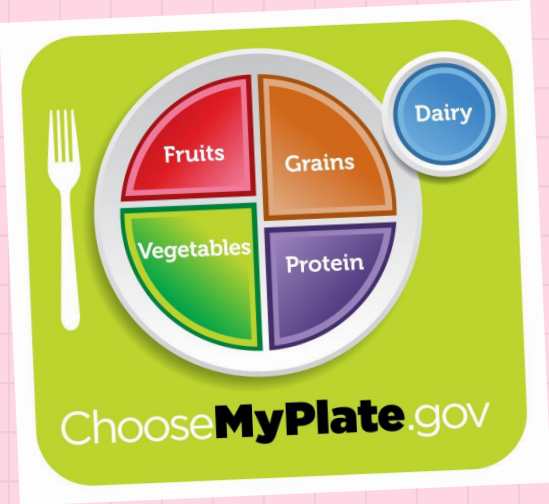


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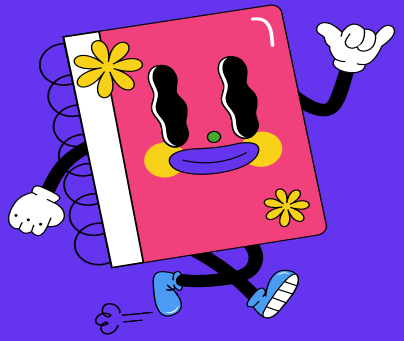




Shining Bright: The Role of Hygiene and Nutrition in Guiding Your Child's Journey Through Self Image







What do you think of when you hear hygiene and nutrition

How hygiene and nutrition play a role in body image

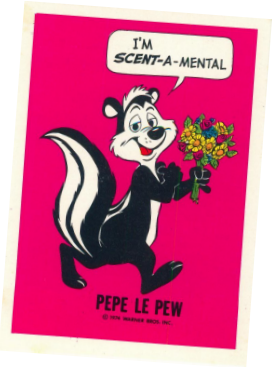
Why Hygiene Matters

- **Personal Hygiene** helps prevent illness and improves self-esteem.
  - Regular hand washing reduces the spread of germs and illnesses like the flu, colds, and stomach bugs.
  - Hygiene practices also reduce body odor and skin infections.
- **Key Hygiene Habits for Kids**
  - Wash hands frequently, especially before meals and after using the bathroom.
  - Brush teeth twice daily and floss regularly.
  - Bathe or shower regularly.
  - Maintain clean clothes and uniforms.



How hygiene and nutrition play a role in body image

Why Hygiene Matters



- **Role of Parents:**
  - Model good hygiene habits.
  - Set a routine for handwashing, tooth brushing, and bathing.
  - Talk about the importance of hygiene in staying healthy.
- **Creating a Hygiene Kit:**
  - Hand sanitizer, wipes, deodorant, toothpaste, and extra clothes on PE day
  - Menstrual cycle kit: underwear, pads, pants, wipes (keep in their locker)
  - Nurses office has: extra clothes, menstrual pads, underwear, clothes, wipes. deodorant

How hygiene and nutrition play a role in body image

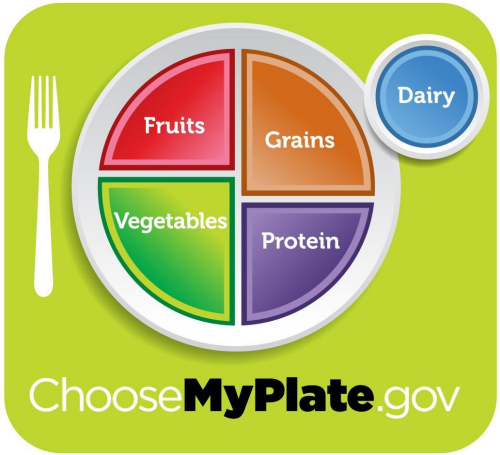
The Importance of Nutrition

- **Nutrition Powers the Body:**
  - Proper nutrition helps with growth, development, energy, and concentration.
  - Healthy eating can prevent obesity, diabetes, and other chronic health issues.
- **Balanced Diet Components:**
  - **Fruits and Vegetables**: Rich in vitamins, minerals, and fiber.
  - **Proteins**: Meat, beans, eggs, and nuts help build muscles and repair tissues.
  - **Carbohydrates**: Whole grains and starchy vegetables provide energy.
  - **Dairy**: Calcium-rich foods like milk, cheese, and yogurt support bone health.

How hygiene and nutrition play a role in body image

Healthy Eating Habits for 6th-8th Graders

- **Breakfast** is essential: Fuels the brain for the school day.
- **Portion Control**: Encourage balanced plates — half fruits and vegetables, one-quarter protein, and one-quarter grains.
- **Hydration**: Drink water over sugary drinks.
- **Snacks**: Choose healthy snacks like fruit, nuts, yogurt, and whole-grain crackers.



How hygiene and nutrition play a role in body image

Common Nutritional Challenges for Teens

- **Junk Food and Sugary Drinks**
  - Excess sugar can lead to weight gain, poor concentration, and energy crashes.
- **Skipping Meals**
  - Can cause overeating later and poor concentration at school.
- **Peer Pressure and Social Media**
  - Unrealistic body images and unhealthy food trends can influence eating habits.

How hygiene and nutrition play a role in body image

Tips for Parents to Support Healthy Nutrition

- **Plan Balanced Meals**: Cook together, make nutritious meals a family activity.
- **Set Healthy Snack Options**: Keep fruits, veggies, and healthy options available.
- **Limit Processed Foods**: Encourage fresh, whole foods whenever possible.Q
- **Involve child in Meal Prep**: Teach them about nutrition and how to make healthy choices.

How Parents Can Help with Both Hygiene and Nutrition

- **Lead by Example**: Children learn habits by observing their parents.
- **Encourage Good Sleep Hygiene**: Rest is essential for overall health, aiding growth and concentration.
- **Create a Positive Environment**: Make healthy meals and hygiene practices fun and not a chore.