

How to feel more confident

Here are some steps on the way to feeling good about yourself and your strengths, talents and capabilities.

Get some basic body confidence

- 6 Stand up and sit up straight (seriously – it makes you look more confident).
- 6 Wear comfy clothes.
- 6 Give yourself time to adjust to any new body changes. You will adjust and feel comfortable 'in your own skin'.

Encourage yourself

- 6 Make a list of your good points (you don't have to show it to anyone else).
- 6 What would you say to a friend to make her feel better? Tell it to yourself.
- 6 Be still for a while. Sit or walk by yourself and give yourself time to think away from screens of any kind. Daydreaming and playing are important at your age. If anyone tells you to stop staring out the window, tell them I said you're developing your brain!
- 6 You don't have to know everything.
'I don't know' is a perfectly fine answer to a lot of questions.
- 6 Keep in mind that it doesn't matter if someone doesn't like you.
Not everyone has to like you.
Some people liking you is plenty.

Practise

- 6 Try new things. As long as it's fun, give new sports, arts and hobbies a go, even if you're not good at them straight away.
- 6 Don't worry about making mistakes.
That's how you know you're learning. Mistakes are just an investment in a more confident future.
- 6 Defy any labels or reputation put on you such as 'not smart' or 'mean'. Show with your behaviour that you can be your own person, no matter what's happened in the past.

'When I was little I felt embarrassed about being different. Later I learned that the things that make you different make you special.'

Kylie Kwong,
chef, author



everyone's BRAINY
at something...



'Each of us is unique. Learn to love what's special about you.' Azra

Be assertive

'Assertive' means being able to stand up for yourself and what you believe in. It means being able to say no as well as yes. It means being able to make the right decision and act on it, even when the right decision isn't the easiest or most popular one. (It *doesn't* mean being loud and bossy or imposing yourself and your ideas on other people.) Ask trusted adults to listen to your problems and help you.

'When people say something nice to you appreciate it and take it on board because it makes you feel better about yourself. When you are having a bad day you can think about the things that are good about you.'

Jessie

Some ways to say no:

- ⑥ 'No.'
 - ⑥ 'Nup.'
 - ⑥ 'No thanks. It's not really my thing.'
 - ⑥ 'I'm pretty busy right now.'
 - ⑥ 'I'm not allowed.'
 - ⑥ I'll have to ask my mum/dad/guardian
(and then get them to pretend they said no).
 - ⑥ 'I can't, sorry.'
 - ⑥ 'Maybe another time.'
 - ⑥ 'I've got too much on at the moment.'
 - ⑥ 'I'll let you know later/tomorrow/next week.'
- (This gives you time to think.)



Know your rights

Being confident means knowing your rights and being able to speak up, or tell somebody about it when those rights are violated (ignored). You have the right to feel safe. You have the right to an education. You have the right to community and school funding for sport, equal to that given to boys' sport. You have the right not to be touched by anyone else in any way that makes you feel uncomfortable. You have the right not to be harassed, or hit, or hurt. These are legal rights that all kids have, no matter what family or school they're in.



Girl Stuff 8-12 is the essential younger girl's guide to puberty and the pre-teen years, including information on body changes, dealing with friends & bullies, first periods, phones & being online, being fit & healthy, how to be happy with your own true self and plenty more.

PS: This book is for girls aged 8 to 12.

Girls 12+ need **Girl Stuff 13+: Your Full-on Guide to the Teen Years**.

This is an extract from *Girl Stuff 8-12* by Kaz Cooke
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