

Children Reflect

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‘To do well in life we must believe in ourselves. We need pride, self-confidence and good self-esteem. Without these we are unlikely to achieve our goals, and these goals should be our own, not ones imposed upon us by other people. In a class discussion we came up with several things that can damage the self-esteem of a young person.’

‘Racism is part of many children’s lives. It can make them feel inferior and not worthy of the same education as everyone else.’

‘Racism is a very bad thing to have to endure, especially if your self-esteem is already low. It can make you retreat into a world of your own, not daring to talk to, or look at, anybody else. It can be extremely difficult, even for the strongest of people.’

‘To feel rejected is a really horrible thing to experience, as it can make you feel that you have no friends and nobody enjoys your company.’

‘Those who reject people because of their colour, looks, etc. are very sad individuals. I can’t quite understand why they do it. Is it because it makes them feel big in front of their friends?’

‘Is this why people bully? Bullies for me are also very sad individuals. I think that if everyone was treated as equal the world would indeed be a better place. There are ways to help people who are getting bullied, but they do not always take away the fear of being made to feel different.’

‘If you come from a broken family you might lose some of your pride and confidence and your self-esteem, because you may feel that everyone is at a better advantage than you are.’

‘A child that has to live with foster parents could lose their confidence and their self-esteem.’

‘If you were sexually assaulted when you were younger you would lose all self-esteem and confidence and you would have no pride. This would happen because you would feel that everything that happened was your fault.’

‘If you put yourself down for a piece of work that you have done you are lowering your own self-esteem.’

‘Being put down ruins your confidence to do well and so you don’t, then your confidence gets even more damaged and so this goes on and on!’

With the support of a guidance teacher, students from Forres Academy discussed the development of self-esteem in children and young people. The three authors of this contribution are all thirteen.

'A teacher is the one person you should be able to trust to give you encouragement and to teach you what is right and wrong. But when a teacher makes an example of you in front of the class it can really hurt and your classmates don't forget it. Showing us some respect would be so helpful.'

'If our parents and teachers help and encourage us then surely we will get somewhere in life and be confident in all that we do. If children get the feeling of doing well then we shall carry on doing well and gain confidence all the time.'

'I feel that adults should start to treat children as equals, not as minors. If they start doing this, then it would build our self-esteem and everyone would be better for it.'

'Adults aren't better than us just because they know more. In my opinion, everyone in the world should be treated equally.'

'Adults can really help us by encouraging, and not discouraging us. Many of us kids

would be a lot better people and that can only result in good things for the world.'

'We can boost our self-confidence by taking a pride in our appearance and in how we do things. We can also do much more to help each other.'

'By trying to do things better and by taking at least some pride in your appearance and in your school work you could boost your own self-esteem.'

'If you are frightened of something and you face up to your fear, you would be more than likely to boost your own confidence and have pride in yourself.'

'If I get a good result, or I receive meaningful praise, not hollow praise, I feel great about myself. I could perhaps help others to feel that way too.'

'It's amazing what one little comment can do for your confidence.'

'Being accepted for who we are plays an amazingly important part in our confidence building.'

