

How to Build...

# Confidence and Self-Esteem

## Course for Young People

Want to feel better about yourself? Want to feel more confident around other people?

If you're in school years 7 and above then our short, online course could be for you!

### We'll be thinking about:

- Why the media affects how we see ourselves
- How to cope better with setbacks
- How to deal with peer pressure
- How to feel better about ourselves



### 6 sessions

Commencing week beginning 22nd Feb

**Ages 11-13:** Tuesdays 5.30-6.30pm

**Ages 14 +:** Thursdays 5.30-6.30pm



### Online:

MS Teams



To book a place email:

[earlyhelpduty@buckinghamshire.gov.uk](mailto:earlyhelpduty@buckinghamshire.gov.uk)