

Rosaura [REDACTED] - Gender Studies

Works Cited

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Low Self Esteem

“75 percent of girls with low self-esteem reported engaging in negative activities like cutting, bullying, smoking, drinking or disordered eating. This compares to 25 percent of girls high self-esteem.” meaning that girls who go through criticism, or depression it’s a 60% chance they will get low self-esteem.

People with low self esteem can come from Failures, Failing someones love or doing something you love, Failing a competition you really love and thinking you're useless for it when you lose. Appearance, The way she views herself rather than how much she weighs, Relationships can also make a girl have very low-self esteem because sometimes she would be worried if she sees her boyfriend with a girl who she thinks looks prettier than her and that’s when low self-esteem kicks in. Another way that why people can have LSE is because they experienced bullying, lived people with psychological problems, family members or had friends that are a bad influence, such as criminals and child abusers.

What people can do to help their low self esteem, they can go to therapist to talk about their issues instead of doing the negative like cutting or hurting your self, good-communication with your parents, or big siblings since they are adults and maybe have a sense of what you're talking about and can help you. Make a blog on why bullying is bad or even a Peppercally on bullying, and Learning how to use the

mirror less, because sometimes looking in the mirror can make you think “why do i look like this, why can't i look better” so that's why i say you can put the mirrors to the side and focus on the positive, and ignore what people think about you.

This has been effective in the past because a lot of people go through a lot of low self esteem when they think they're not worthy or not good enough to be in the open and tend to hide themselves in the darkness. Bullies judge people not knowing what the people go through. Bullies probably went through worst and want to make people feel less like them so they can feel better about themselves and sometimes it would actually work now the bullies would be successful now that the victim is weak.

The Victims of Low self esteem when they go through a Negative past, they can't find the Positive in anything, because there mind is full of Negativity after what they experience in the past life. So, they think that the good solution is to drink alcohol, pregnancy at an early age, taking pills, cutting or take your life away because they are letting their past get to them and they think they're not good enough, unworthy. I think that is not a very good solution, because if you go through bullying, been through a past including with your family, Bad relationships or Low self-esteem you should not let anybody get to you, all you should do is ignore them because what they do is try to get to a weaker spot of you and take over your mind until they see you're mentally dead. Best thing to do is take therapy, or take classes where you can express yourself or do the things you love to do to take your mind of it.

75 percent of girls who go through Low self-esteem are cutting/hurting themselves, drinking, smoking, or even have a eating disorder. I think this should stop because that's not the right solution to help yourself, it would just make yourself feel undesirable and adds more negativity, depression to your life. The right thing to do is write in a Journal, pen in all your thoughts on how you feel and let the word out of your chest if you're feeling upset, and if you're comfortable enough you can share it with a therapist or an adult, to give you good advice and comments.

People who go through Low-self esteem feel like they're unworthy, undefinable, unlovable, or feel like the opposite of what they are. So, there's a 70% chance that

they will go through Cutting, Drinking, Eating Disorder. Best thing to do if you're Experiencing this is to Write in a Journal, Good Communication with an adult because maybe they had more experience or another good solution is to distract your mind on doing something you love the most. "Never judge anyone because you never know how their life is & what they're going through, or thinking about this moment."

L  **LOVE**
YOURSELF