

Key points:

- Remember, although Youth Cymru have viewed these videos and rated them appropriate for the intended age group of 14+, the content of the videos and the session may be too mature or unfamiliar to some participants. **Please review content of videos prior to session delivery before showing them to your participants.**
- Remind the participants that the views expressed in this session are for the group attending and some discussion may provoke strong reactions. Having support opportunities for participants, such as referral pathways, regular breaks and opportunities to leave the session without judgement to a safe space is advised.

For suggested further reading on self-esteem:

- [Palladino, C \(1990\), Developing Self -esteem: A Guide for Positive Success Kogan Page Ltd.](#)
- [About self-esteem | Mind, the mental health charity - help for mental health problems](#)
- [Raising low self-esteem - NHS \(www.nhs.uk\)](#)
- [Hey U.G.L.Y. \(heyugly.org\)](#)

Potential difficulties:

Self-esteem can be subjective and based on the individual, and as a result there may be confusion if not properly explored fully.

Anyone can have low self-esteem. This can be used as motivation to succeed but at the same time be a burden. Please see session 2 on control circles to support this session.