



I have hope for my future.

A positive identity involves more than just high self-esteem. Children and youth also need a sense they have some control over things that happen to them and that their life has meaning and purpose. They need to be hopeful and optimistic about their future.

Here are some ways you can help build a positive identity for the children and teenagers in your life:

- Play together with babies and children in ways that make them laugh and enjoy the time.
- Dwell on what children and youth do right instead of what they do wrong. When they make mistakes or act out, focus on the behaviour, not the child. For example, instead of saying "No! You are so naughty," try saying, "No, it's not okay for you to do that."
- Encourage and help children and youth to find inspirational, positive role models.
- Let teenagers know that you are willing to listen if they want to talk about their sense of purpose in life, including their ideas about how they would like to contribute to the world.
- Avoid comparing kids with other kids. Each child has a positive place in our communities.

