**Tips on Boosting Self-Confidence for Teens**

Whether you're a male or female teen, your self-confidence is important. While the emphasis is often on girls' self-esteem, boys need to be confident, too, and often struggle just as much (although perhaps in different areas). Here are some tips to help teens build their self-confidence.

**Recognize Your Talents**

It's easy to blow off your abilities, especially if your peers make fun of them (and they probably do so out of jealousy). But get serious with yourself and make a list of things you love to do and are good at. Keep this list just for yourself and look at it often. Remember it when you flunk a test or say something you wish you hadn't. Those talents of yours won't go away, and you can rely on them for the rest of your life...as long as you cultivate them.

**Cultivate Your Abilities**

You may have so many interests and abilities that it's impossible to develop them all; or, you may have one thing you really love to do. Regardless, look into developing and using some of your abilities in applications beyond school. Not only will it open more opportunities to look for activities around your community, but it might also remove you from peer judgment.

**Be Like a Duck**

Have you ever heard the expression that you should be like a duck and let negative words and attitudes roll off your back? It's a good thing to cultivate - if you take every criticism or off-hand comment to heart, you might find yourself paralyzed with fear of other's judgment. Remember, school and teenage-hood are not forever. You will get out of this stage and you shouldn't let the criticisms of others sabotage your future, which lasts a lot longer than middle and high school!

**Resist the Urge to Compare**

When you look at your friends, classmates, or pictures of celebrities, try to resist the temptation to scrutinize them as the gold standard to which you should aspire. Someone will always have better legs, superior athletic prowess, nicer hair, etc. than you. But those people don't set the standard for you; you are who you are, and they can't measure up to that, either!

**Listen to the Inner Voice - Then Tell It to Shut Up**

Stop and listen to your inner thoughts for a while. What do you automatically think of yourself in response to certain situations? What do you say to yourself when you wake up, interact with friends, or go to class? If you are tearing yourself down with negative thoughts, you need to stop. Address the negative self-talk and replace it with positive self-talk instead.