1. **LEARN to HANDLE YOUR FEELINGS**
   - Like every other person, you'll have days when you feel angry, sad, hurt, frustrated or stressed out.
   - Don't let these feelings overwhelm you.
   - Find ways to let your emotions out – physical activity, talking to someone, writing in a journal etc.
   - When you learn to cope with your feelings in positive ways, you'll feel stronger inside.

2. **KNOW THAT YOU ARE RESPONSIBLE FOR YOUR BEHAVIOR**
   - Other people may try to influence you with their words.
   - They may pressure you to do things you don't want to do.
   - They may put you down to make themselves feel better.
   - Instead of lashing out at those people or letting them talk to you into doing something you don't want to do, stop and take a deep breath.
   - Realize that you always have a choice – and that choice is to do what's right for you.
   - Even though it's hard to stand up to pressure or harsh words, you can do it.
   - You'll feel more secure and confident if you do.

3. **BECOME A SMART DECISION–MAKER**
   - You're probably used to having decisions made by your parents, teachers or other authority figures.
   - But you're also getting the chance to make more decisions for yourself: which classes to take, which activities to get involved in, who to hang out with, how to spend your time, and so on.
   - Making decisions takes confidence and builds confidence.

4. **FOCUS ON YOUR LIFE, NOT ON OTHER PEOPLE’S LIVES**
   - It's easy to look around and compare yourself to people you think are “better” than you.
   - You may see cliques or popular people who seem to have more confidence and power than you do.
   - You may convince yourself that these people are “perfect” and that their lives are so much happier and more interesting than yours.
   - Don't let yourself fall into the trap of comparing yourself to others.
   - Instead, focus on your life and your goals.
   - What can you do to improve your life?
   - Make a list of actions you can take.
   - If you really want to make your life better, start on your list today.

5. **BE YOUR OWN CHEERING SECTION**
   - Remember that how you talk to yourself plays a big part in how you see yourself.
   - Instead of focusing on what's going wrong in your life, tell yourself what you're doing right.
   - Instead of thinking, “I really screwed that up,” you might think, “That didn't go the way I wanted it to, but next time, I'll know the right thing to do.”

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**BUILDING YOUR SELF-CONFIDENCE**

- Give yourself the opportunity to make more decisions in your life.
- It helps to ask for advice from friends and adults you trust.
- You may also want to write down the pros and cons of each decision and look at your options carefully.
- If you end up making a choice that you later regret, don't beat yourself up. This is all part of being human.
- Let yourself learn from your mistakes.