

# DC College Access Program



## Developing Self-Esteem in Your Son

Parent Workshop #2





# Overview

- What is low self-esteem
- Identifying low self-esteem in your son
- How you can support your son if he has low self-esteem





# What is Self-Esteem

- Self-Esteem usually refers to how we view and think about ourselves and the value that we place on ourselves as a person.
- Low self-esteem are deep-seated, basic, negative beliefs about themselves and the kind of person they are. These beliefs are often taken as facts or truths about their identity.





# Identifying Self-Esteem Issues

The following is a list of behaviors that maybe indicative of low self-esteem.

- Student is withdrawn,
- Teases, insults, or gossips about others,
- Uses negative “I” statements (i.e. I can’t....., I am no good....)
- Afraid to try new activities,
- Gives up easily,
- Uses drugs/alcohol,
- Participates in gang activity





# What can I do

- Realistic Praise
  - Praise needs to be honest.
  - Compliment effort as well the result.
- Encourage!
  - Encourage him to try new things, despite the risk of failure.
  - Let him know failure is ok.





# What can I do?

- Challenge faulty thinking
  - Encourage him to restructure negative comments.
  - For example If he says I am terrible in math. You can help to change that to I have room for growth in math.
- Don't ignore his comments of self-dissatisfaction. Whenever you hear it challenge the thought, and reaffirm his positive characteristics.





# We are here to help

- Seneca Scarborough, Capital City Advisor  
202-807-9767  
[seneca.scarboro@dccap.org](mailto:seneca.scarboro@dccap.org)
- Trayon Brady, Coolidge Advisor  
202-671-6098  
[trayon.brady@dccap.org](mailto:trayon.brady@dccap.org)
- John Wiley, Dunbar Advisor  
202-724-4181  
[john.wiley@dccap.org](mailto:john.wiley@dccap.org)
- Kenneth Barton, Roosevelt Advisor  
202-576-6130  
[kenneth.barton@dccap.org](mailto:kenneth.barton@dccap.org)
- Ajamu Clark, Wilson Advisor  
202-724-9507  
[ajamu.clark@dccap.org](mailto:ajamu.clark@dccap.org)





# Contact Information

**If you have questions or concerns, please contact us:**

**District of Columbia College Access Program (DC-CAP)**

**Alpha Leadership Project**

**1400 L Street NW, Suite 400**

**Washington, DC 20005**

**<http://alphadev.dccap.org>**

**Matthew Avery – ALP Director**

**[matthew.avery@dccap.org](mailto:matthew.avery@dccap.org)**

**(202)783-3851**



**Keadrick Peters – ALP Coordinator**

**[keadrick.peters@dccap.org](mailto:keadrick.peters@dccap.org)**

**(202) 783-2716**

