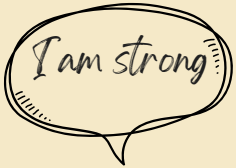


5 Ways To Boost Your Teen's Self-Esteem



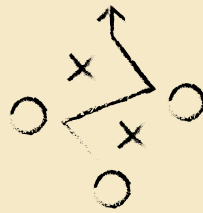
Help them create positive daily affirmations



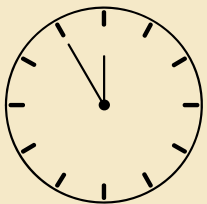
Identify meaningful goals



Point out their strengths and positive character traits



Guide them in coming up with a plan to overcome obstacles



Build a healthy relationship by spending quality time with them