



# FAMILY TIP SLIPS

## HELP GIRLS IMPROVE THEIR SELF-ESTEEM

Developing a healthy sense of self-esteem is important for girls, especially when they reach adolescence. Girls need the freedom to explore all aspects of their abilities and not feel pressured into preconceived notions of what's feminine. Here are some ways you can help your daughter:

- ❑ Encourage your daughter to think independently and consider her needs as much as others.
- ❑ Give your daughter the freedom to work toward goals she sets for herself.
- ❑ Recognize your daughter's achievements, especially when she reaches goals.
- ❑ Encourage your daughter to express herself without passing judgment on her opinions.
- ❑ Talk about gender stereotypes in society – on television, in popular music, advertising, magazines – and encourage your daughter to think critically about how girls and women are portrayed.
- ❑ Learn about the contributions women have made to various fields. For example, if your daughter's interested in science, find out more about the contributions of Canadian women scientists.
- ❑ Use inclusive language—like police officer, not policeman.
- ❑ Talk to your daughter about what she's thinking and feeling.
- ❑ Make your daughter aware of negative influences such as discrimination, sexual harassment and violence against women.
- ❑ Encourage your daughter to take self-defence classes.
- ❑ Be a positive role model for your daughter.
- ❑ Encourage your daughter to have a diverse group of friends, including boys and girls.
- ❑ Introduce your daughter to books written by women and stories with strong female characters.

