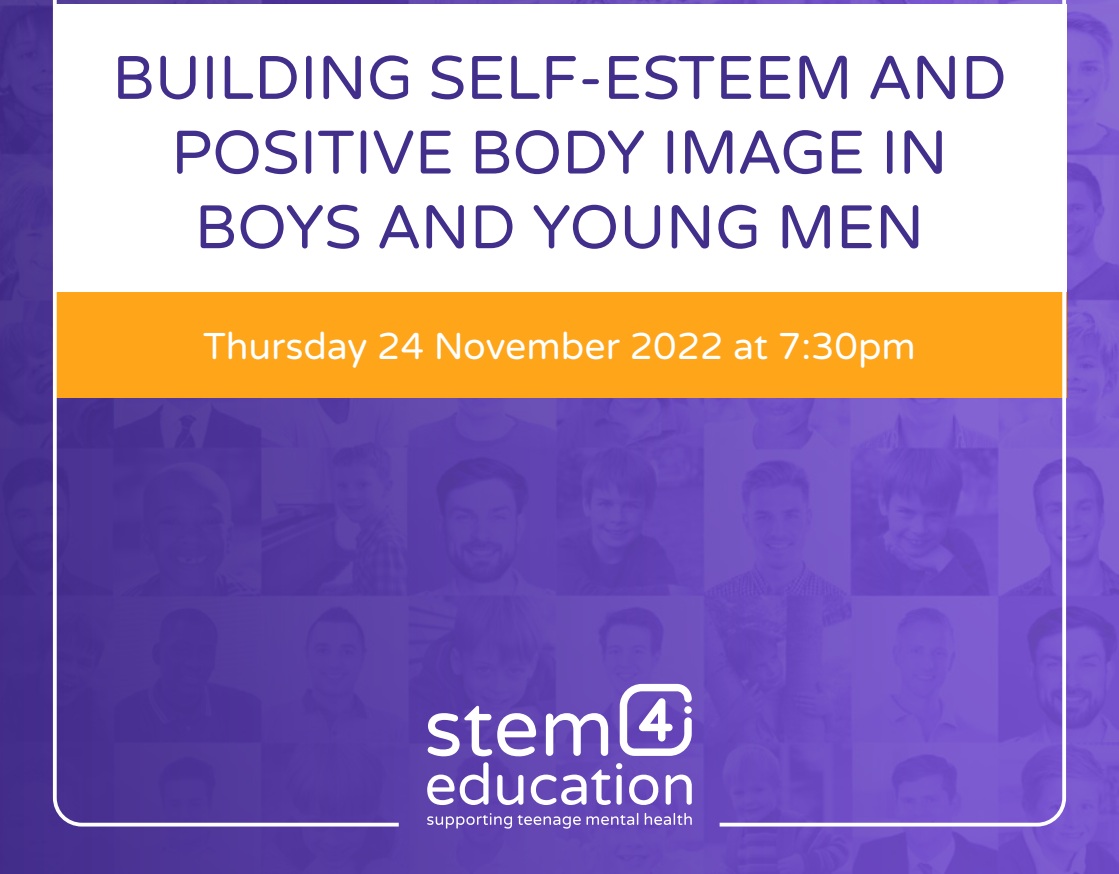




Parents and Carers

# BUILDING SELF-ESTEEM AND POSITIVE BODY IMAGE IN BOYS AND YOUNG MEN

Thursday 24 November 2022 at 7:30pm



stem<sup>4</sup>  
education  
supporting teenage mental health

## WELCOME



Dear Parents and Carers,

This webinar is about bringing together parents and carers, our ambassadors, and clinicians to provide an opportunity to learn and share ideas on supporting the wellbeing and mental health of boys and young men. It aims to provide some early steps parents and carers can take to support difficulties that arise from self-esteem and body image difficulties to stem the growth of potential mental ill health issues that can arise as a result.

Self-esteem is how we value and perceive ourselves. It's based on our opinions and beliefs about ourselves, as well as the opinions and beliefs, or perceived beliefs of others. It is seen as a precious psychological resource in boosting mental resilience and generally a highly positive factor in negotiating life's challenges. It is correlated positively with the ability to get the best of yourself, in relationships and for satisfaction or happiness. In its negative form, it is seen as a core contributor to several mental ill health conditions such as anxiety, depression, and eating disorders.

We hope you will find this webinar informative and useful. stem4 offers a wealth of resources in multiple formats. You can listen to our parent and carer podcasts on self-esteem matters which provide in depth details to some of the matters over viewed in this webinar. You might find it helpful to visit our website and access the parent and carer information and guides or recommend our free, evidence-based apps.

Thank you for attending this webinar. If we can work together to support the mental health of young people at an early stage, we can minimise or avert the impact of poor mental health.

Dr Nihara Krause, BSc(Hons), MSc, PsychD, C.Psychol, C.Sci, AFBPsS  
Consultant Clinical Psychologist  
Founder and CEO stem4

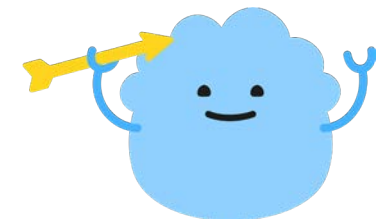
## PROGRAMME

- 7:30 pm Welcome
- 7:35 pm Dr Nihara Krause
- 7:50 pm Tom
- 8:05 pm Dr Richard Graham
- 8:20 pm Iain Maitland
- 8:35 pm Round up (Dr Krause)
- 8:40 pm Thank you and close



Want to manage low self-worth and body dissatisfaction leading to eating difficulties?

Download the free Worth Warrior app



## MEET THE SPEAKERS

### Dr Nihara Krause Consultant Clinical Psychologist CEO and Founder, stem4

Nihara has many years of clinical experience working in a variety of mental health settings with both young people and adults. She has specialist experience in eating disorders and self-harm. Nihara is also a university lecturer, works extensively with the media, and has input in informing government on youth matters. She has a special interest in building resilience, as well as practicing effective treatment techniques for a variety of psychological problems. Nihara is the clinician who developed the award-winning Calm Harm, Clear Fear, Move Mood, and Combined Minds apps for stem4.



### Dr Richard Graham Clinical Director, stem4

Dr Richard Graham is a Consultant Child & Adolescent Psychiatrist and a former Clinical Director at the Tavistock Clinic. For the last five years, he was Clinical Director for Good Thinking: London's Digital Mental Wellbeing Service.

He has worked extensively in digital health and e-safety for the last 12 years and is recognised as a digital health pioneer. He also established the first Technology Addiction Service for Young People in the UK in 2010 and contributed to the World Health Organisation's considerations of Gaming Disorder as a medical diagnosis.

Since 2012, he has been very actively involved with the UK Council for Internet Safety (UKCIS—the British Government's principal advisory body for online safety and security) and co-chairs its Digital Resilience Working Group. He also works with the BBC as Digital Wellbeing Consultant to the Own It app, as well as acting as an adviser to emerging companies such as TikTok and Yubo.



### Iain Maitland stem4 Ambassador

Iain Maitland is the father of Michael, a tattoo artist from Suffolk who experienced depression and anorexia over a 10-year period. Iain has told his story and that of his family in his books 'Dear Michael, Love Dad' and 'Out of the Madhouse'. Iain is open and frank about his journey as a parent and his moving account endears him to his audience straight away.



### Tom stem4 Ambassador

Hi – my name is Tom.

I live in Wimbledon and am currently studying for an economics and politics degree. I enjoy playing rugby and spending time in the mountains. I have been a stem4 Ambassador for just over a year and look forward to further spreading mental health awareness in the local community and beyond.



### Philippa Beeson Education Coordinator, stem4

Philippa is the Education Coordinator at stem4. She is an Occupational Therapist by background and a mum of 2.

She is ready to answer any questions you might have about stem4's wide range of booklets and leaflets, now in a number of languages, as well as the 'ready-made' and in depth online mental health literacy programme for teachers called 'Head Ed'.

stem4 also offers online webinars and live conferences for teachers, parents, students, and health professionals and welcomes any enquiries at [education@stem4.org.uk](mailto:education@stem4.org.uk).



# TOP TIPS FOR PARENTS AND CARERS: BUILDING YOUR SON'S SELF-ESTEEM

By Dr Nihara Krause, Consultant Clinical Psychologist

**1** Avoid being critical and try and balance negativity with a constructive or complimentary comment instead.

Rather than comparing, focus on their unique abilities.

**3** How comfortable is the family with both identifying and expressing emotions? Being able to support your sons(s) to communicate their thoughts and emotions helps them to feel heard and builds self-esteem.

Provide opportunities for experiencing a range of social connections.

**5** Help them learn to try and handle difficult situations on their own. Talk through possible strategies and their consequences.



Help them find their strengths. This might be through providing them with a range of opportunities to learn different skills such as cooking, tech, music; experiencing a range of challenges from learning an everyday problem solving strategy through to a 'big life' activity challenge (e.g., fundraising through running a 10k race); or by acknowledging their strengths verbally.

**7** Teach them to challenge negative thinking. Help build self-esteem by replacing negative, self-defeating thoughts with self-encouraging and positive ones.

Treating yourself well or having self-respect emerges from positive self-esteem but also creates it. Help them to recognise what sorts of actions might attract negative responses from others and what sorts of actions will help build self-respect.

**9** Help them to manage difficult emotions in public. This might mean asking for some time out to reflect on the best response; stating the emotion ('I'm angry') but not showing the emotion behaviourally (e.g., hitting); or delaying expression until they discuss it with someone else so they can get a different perspective.

Help them establish a sense of purpose through creating shared, achievable goals.

## PARENT AND CARER TALK

By Dr Nihara Krause, Consultant Clinical Psychologist

### Conversation starters for parents & carers:

- 'You've not been yourself lately.'
- 'You've been quite down, I'm listening.'
- 'Could I help you to get some support in being less stressed/less anxious/less depressed?'
- 'You've been sleeping really badly recently, perhaps you've been overthinking?'
- 'You've not been holding up that well under all the pressure you've been under.'
- 'It's ok to feel upset/angry/sad/lonely. Let's explore what can be done about it.'
- 'I can sense something's not right, and I want you to know I am here to listen when you are ready to tell me.'
- 'Let's go throw a ball/fish/walk the dog/learn to drum...'



## #BUILDFAMILYRESILIENCE LOOKING AFTER PARENT AND CARER MENTAL HEALTH



PARENT MENTAL  
HEALTH DAY  
27th January

Thursday 26<sup>th</sup> January  
7pm via Zoom

stem4's webinar will focus on how parents and carers can successfully adapt to challenging life situations, and deal with their own stress and anxiety, while navigating their family through difficult times. Speakers will explore how resilience can be built with a minimal negative impact on either the parents and carers or their children and young people.


To register for the webinar please click on the link below:


[https://bit.ly/stem4webinars\\_PMHD2023](https://bit.ly/stem4webinars_PMHD2023)


<https://stem4.org.uk/parentmentalhealthday/>


# TOP TIPS FOR BOYS AND YOUNG MEN: BUILDING SELF-ESTEEM


By Dr Nihara Krause, Consultant Clinical Psychologist


**1** What makes you who you are? Give yourself a few moments to reflect on your top three qualities on a regular basis. 


 Go on a fact-finding mission to find out three further positives about yourself. This might be thinking of common compliments people give you, asking your best mates, or focusing on them yourself. **2**

**3** A negative mindset leads to negative self-evaluation. Work on changing the negative words you use to describe yourself to positive ones. 


 Do something you are proud of. It doesn't have to be aiming to be a rocket scientist, just a small task you haven't done before. **4**


**5** Take steps towards making one new connection every day. It might be smiling at someone you haven't before or joining in a new activity. 


 Generate a kind thought towards yourself every day. This can either mean thinking something kind or catching an unkind thought and changing it. **6**

**7** Competitive? Remember that the opposite side of the coin of winning is losing. Don't give up if you lose, realise you've just not got there 'as yet' and plan on how you will get there, one step at a time. 



 Substitute the word 'different' for 'better.' So, rather than saying 'he's better than me', say 'he's different to me.' **8**

**9** Don't get mad to hide being sad. Don't fight to hide fear. Be open about your feelings, they are what make people strong. 

 It's hard to get the balance right. Being overconfident or arrogant can be a way to hide low self-esteem. Balance being overconfident with being grateful. **10**

## Conversation starters for boys and young men:

- 'I've not been myself lately.'
- 'I've been low in mood recently.'
- 'I've not been on top of the world recently. In fact I've been quite down.'
- 'Do you think you could help me find some help to be less stressed/less anxious/less depressed?'
- 'I've been sleeping really badly recently because I've been overthinking. I think I need some professional support.'
- 'I've not been holding up that well under all the pressure I've been under.'
- 'I'm not dealing well with (...) and would benefit from talking to someone. Do you think you might be able to help me find some names or tell me what I need to do?'

# Mental Health Apps by stem4i

supporting teenage mental health



A free app to help teenagers resist or manage the urge to self-harm  
[www.calmharm.co.uk](http://www.calmharm.co.uk) • @calmharmapp



A free app to help children and young people manage the symptoms of anxiety  
[www.clearfear.co.uk](http://www.clearfear.co.uk) • @clearfearapp



A free app to help teenagers manage low mood and depression  
[www.movemood.co.uk](http://www.movemood.co.uk) • @appmovemood



A free app to help families and friends provide mental health support  
[www.combinedminds.co.uk](http://www.combinedminds.co.uk) • @combmindsapp



A free app to help young people manage negative body image, poor self-worth, and related early-stage eating difficulties or disorders  
[www.worthwarrior.co.uk](http://www.worthwarrior.co.uk) • @worthwarriorapp



Please scan me for more information.

stem4's award-winning apps are available to download from the App Store and Google Play.



Please note that these apps are an aid in treatment but do not replace it.



[www.stem4.org.uk](http://www.stem4.org.uk) • @stem4org

Developed by stem4 - Registered Charity No. 1144506

Start date:  
September 2022



WORTH WARRIOR

## Do you have low self-esteem and think you have a sub-clinical or early stage eating disorder?

stem4, teenage mental health charity, has developed the Worth Warrior app to help young people manage these conditions and are inviting young people aged 17-25 living in the UK to help us find out if it works.

Give it a try and tell us how it works for you by taking part in our research study.

Visit <https://stem4.org.uk/body-image-eating-disorders-app-research-study/> for more information and to find out if you are eligible to take part.



Download our 'Starting the Conversation' booklet, full of practical tips for parents and carers on how to talk to boys and young men about mental health.



A leaflet for young people with advice on how to ask for help if they are concerned about a mental health problem.



supporting teenage mental health  
Registered Charity No 1144506

## HELPLINES

stem4 does not provide a counselling service and so regrettably we are unable to answer questions of a personal nature. Please contact your GP or call 111 or 999 should you have an urgent concern.

### Beat

Beating eating disorders.

- 0808 801 0677 (England)
- 0808 801 0432 (Scotland)
- 0808 801 0433 (Wales)
- 0808 801 0434 (Northern Ireland)
- 0808 801 0711 (Youthline)

### Bullying UK

Information about bullying; verbal, physical and cyber bullying.

- [www.familylives.org.uk](http://www.familylives.org.uk)
- 0808 800 2222

### Childline

A free point of contact for children and young people who need advice either online or via telephone on a wide range of issues.

- 0800 1111

### Frank

Confidential information for anyone concerned about their own or someone else's drug misuse.

- 0300 123 6600
- Text 82111

### Kooth

Kooth CAMHS support provides free, safe and anonymous online support for young people.

- [www.kooth.com/](http://www.kooth.com/)

### Mind

Provide advice and support to empower anyone experiencing a mental health problem.

- 0300 123 3393

Our Infoline provides an information and signposting service. We're open 9am to 6pm, Monday to Friday (except for bank holidays). Ask us about: mental health problems, where to get help near you, treatment options, advocacy services.

### NSPCC

Keeping children and young people safe from a wide range of abusive situations.

- 0808 800 5000
- 0800 1111 (ChildLine)

### Papyrus

prevention of young suicide  
Provide confidential support and advice to young people and anyone worried about a young person.

- 0800 068 41 41
- Text 07860 039 967

### Relate

Relationship support for young people aged 16-25 including support with their own relationship or a family relationship. Free on-line chat with a trained counsellor.

- [www.relate.org.uk](http://www.relate.org.uk)

### Samaritans

Talk to the Samaritans any time you like, in your own way, and off the record - about whatever is getting to you.

- 116 123

### Stonewall

Information and advice for LGBT communities and their allies.

- 08000 50 20 20

### Shout

Shout is a 24/7 text service, free on all major mobile networks in the UK, for anyone in crisis. It's a place to go if you're struggling to cope and you need immediate help. The number to text is 85258.

- <https://giveusashout.org/>

### Togetherall

Togetherall is an online community for people who are stressed, anxious or feeling low. The service has an active forum with round-the-clock support from trained professionals. You can talk anonymously to other members and take part in group or 1-to-1 therapy with therapists.

- <https://togetherall.com/en-gb/>

### The Mix

Online guide for 16-25 years olds. Support and information on everything from sex and exam stress to debt and drugs.

- 0808 808 4994

### Young Minds

Supporting children and young people with emotional health and wellbeing concerns, offering a wide range of resources across a whole spectrum of issues.

- 0808 802 5544 (Parents)

### Switchboard

(LGBT+ helpline; calls cost the same as those to 01 and 02 numbers; available 10am-10pm every day)

- 0300 330 0630

### Muslim Youth Helpline

(faith and culturally sensitive support service for Muslim communities; free to call; available 4pm-10pm every day)

- 0808 808 2008

### Campaign Against Living Miserably

(for anyone who needs to talk about life's problems; free to call; available 5pm-midnight every day)

- 0800 58 58 58

### Websites

stem4 — [www.stem4.org.uk](http://www.stem4.org.uk)  
Mind — [www.mind.org.uk](http://www.mind.org.uk)  
Switchboard LGBT+ Helpline — [www.switchboard.lgbt](http://www.switchboard.lgbt)  
The Black, African and Asian Therapy Network — [www.baatan.org.uk](http://www.baatan.org.uk)  
Muslim Youth Helpline — [www.myh.org.uk](http://www.myh.org.uk)  
Anxiety UK — [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)  
Bipolar UK — [www.bipolaruk.org](http://www.bipolaruk.org)  
Harmless — [www.harmless.org.uk](http://www.harmless.org.uk)  
Young Minds — [www.youngminds.org.uk](http://www.youngminds.org.uk)

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[www.stem4.org.uk](http://www.stem4.org.uk) • [enquiries@stem4.org.uk](mailto:enquiries@stem4.org.uk)



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