



QUEENSWAY  
ORTHODONTICS

# Guide to feeling confident

**Top tips written  
by young people,  
for young people.**





#ILoveMe



# Guide to feeling confident

Top tips written by young people, for young people.

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We all have times when our confidence needs a boost. As part of the **#ILoveMe** campaign, we asked young people what had an impact on their confidence, and for their tips on building confidence.

**“Always wear your smile. When you smile it makes you feel happier within yourself.”**





#ILoveMe

## Love yourself

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“Beauty comes from within, looks fade but the person you are inside never will.”

“Learn to love yourself and the skin you’re in.”

“Be **your** perfect self – don’t be afraid to take risks.”

“Accept yourself, love yourself.”

“If you accept who you are, you’re going to be fine.”

## Stay positive

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**1 in 3 young people told us they feel more confident today than a year ago.**

“Be happy no matter the situation, it will always get better.”

“Do what makes you happy, not others.”

“Just stay happy and be proud of yourself.”

“Always wear your smile. When you smile it makes you feel happier within yourself.”

“Look for the positive things and surround yourself with kindness.”

## Know who you are and what matters to you

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“You are what you are, try and be confident as you can be.”

“Be you, don’t let anyone change you.”

“Nobody is made to look like other people so always be confident in yourself because you are unique.”

“Never compare yourself to others.”

“Don’t worry what others think about you, all that matters is that you feel happy.”

## Be careful with social media

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**Young people told us that social media had the biggest negative influence on their confidence.**

“Social media is fake, and they aren’t actually perfect.”

“Social media is all angles and poses.”

“Choose to follow people that make you feel good.”



## Find people who make you feel good

Young people told us that family and friends had the biggest positive influence on their confidence.

“Choose people that make you feel good and understand you.”

“Find what you love, then find other people that have the same interests, who want to be around you and understand you.”

## We're in this together

“Just be kind to others.”

“Get help if you need it.”

“Never feel alone, there is always someone you can talk to.”

**THANK YOU** to all the young people that shared their time and wisdom with us.

## About the #ILoveMe campaign

**Queensway Orthodontics** and charity partner **Kidscape** are working together to help build confidence in young people.

#ILoveMe



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## Remember we all find it hard at times

1 in 3 young people told us they feel 'not so confident' most days.

“Every time you get knocked down you always come back stronger.”

“Once you've hit rock bottom there's only one place to go, and that's up!”

“Keep your head up, it gets better.”

## Where can I go for help?

We all have times when our self-esteem is low, and we need help. Talk to someone you trust – whether a friend, family member, someone in school or in the community. If these low feelings last a while, talk to your GP. You can also contact **Childline** or **The Mix**.

## About Kidscape

**Kidscape** is the anti-bullying charity that helps. They provide children, families, carers and professionals with advice, training, and practical tools to prevent bullying and protect young lives.

For advice and support visit: [www.kidscape.org.uk](http://www.kidscape.org.uk)

 **KIDSCAPE**  
Help With Bullying