Facts About Self-Esteem In Our Children

**FACT 1:  
Lack of self-esteem is a significant developmental problem for young children today**. Research conducted by Prof. Lissette Saavedra, tells us that often unhealthy self-esteem is the underlying cause of ***fear, anxiety, anger, panic attacks, dependence and lack of assertiveness, depression, eating disorders, addictive behaviors, relationship problems, social anxiety disorders and dependent personality disorders.***

**FACT 2:  
The average 2-year-old child hears 432 negative statements per day,** but only 32 positive statements each day, according to a research study at the University of Iowa.

**FACT 3:**  
Self-esteem expert Jack Canfield, of Chicken Soup for the Soul fame, notes that says **80 percent of children entering the first grade scored high on the self-esteem inventory. By the fifth grade only 20 percent of the children were scoring high**. And by the time they graduated from **high school that number was down to just 5 percent**.

**FACT 4:**  
**Who is responsible for the development of self-esteem?** Canfield says that in a survey of 1,000 parents and 1,000 teachers, ***72 percent of the parents*** said teachers were responsible, while ***78 percent of the teachers*** said the parents were.

**FACT 5:**  
**Children with unhealthy self-esteem feel that the important adults and peers in their lives do not accept them**, do not care about them very much, and would not go out of their way to ensure the child’s safety and well-being, according to Prof. Saavedra’s article in Psychology of Infancy & Childhood.

**FACT 6:  
Girls were particularly likely to be critical of themselves, and one-quarter of older girls reported that they did not like or hated themselves. In contrast, only 14 percent of boys said they felt this way.**(Source: JANE E. BRODY, “Personal Health: Girls and Puberty: the Crisis Years”, Women’s Health)

**FACT 7:  
Girls who watch TV commercials featuring underweight models lose self-confidence and become more dissatisfied with their own bodies.**(Source: Dove Campaign, “Dove Campaign for Real Beauty to Help Foster Self-Esteem in Girls”, PR Wire, quoting a research conducted at Flinders University, South Australia, 2002)

**FACT(s) 8–SUICIDE:  
In 2013, suicide ranked third in causes of death in kids ages 10-14.** In that same year, suicide ranked second in causes of death in kids/young adults ages 15-24. A total of 5,264 (ages 10-24) took their own lives in suicide. (Source: Centers for Disease Control and Prevention)

**– Youth who report both bullying others and being bullied (bully-victims) have the highest risk for suicide-related behavior of any groups that report involvement in bullying.**  
(Source: Centers for Disease Control and Prevention, 2014)

**– 1 in 100,000 children ages 10 to 14 die by suicide each year.  
– 7 in 100,000 youth ages 15 to 19 die by suicide each year.**  
(Source: National Institute for Mental Health)

**– The teen suicide rate increased from 5.9 to 11.1 per 100,000 population between 1970 and 1988**, remained steady until 1994, then declined to 6.7 per 100,000 in 2007. Since then, the rate has been increasing, and was at 8.3 per 100,000 in 2013.  
(Source: Childtrends.org citing statistics from the Centers for Disease Control and Prevention)

**– The 2011 Youth Risk and Behavior Survey found that in the previous 12 months among high school students; 15.8% seriously considered suicide; 12.8% made a plan for suicide; 7.8% attempted suicide one or more times; 2.4% made a suicide attempt that had to be treated by doctor or nurse.**  
(Source: American Association of Suicidology)

**– Girls are more likely to attempt suicide, but boys are 4.34 times more likely to die by suicide than girls.**(Source: American Association of Suicidology, based on 2011 data)

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