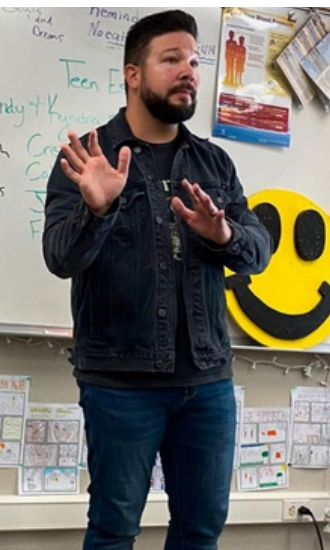




Teen Esteem Speakers' Personal Stories Give Hope and Encouragement

Meet Joe



At age 18, Joe was in the midst of the darkest two years of his life. His debilitating depression led to overwhelming feelings of hopelessness, thoughts of suicide and a plan to drive his car off a cliff. On the way up a mountain, he realized he needed help; he needed someone to tell him it was going to be okay. He made a U-turn, drove down the mountain and got the help he so desperately needed. He met with a youth leader who told him, "It's okay not to be okay right now."

Joe gets to now share that message with students as a Teen Esteem speaker. "We become so caught up in the right now, that we overlook how many more years we have ahead of us and the milestones in life that we have to look forward to." Joe's story encourages students and gives them hope when they think all hope is lost!

Teen Esteem Helps Parents in Crisis

Last year we received a call from a parent whose child shared she was struggling with depression and thoughts of suicide and couldn't imagine getting through the next few years of high school. Teen Esteem was able to provide resources that helped navigate this very scary time for their family. Recently the parents shared, "It was Teen Esteem's recommendations that put us on a path not only to our daughter's wellness, which was most important, but also to help our family grow and become even more close knit. Teen Esteem helped by connecting us with others in the same situation."

Meet Kylee



Kylee struggled with self-confidence as a young woman in high school. When she was in 9th grade, she heard a Teen Esteem presentation and remembers how the presentation changed how she felt about herself and how it changed her life. Kylee became a speaker for Teen Esteem and uses the same life-changing illustrations that she heard in her 9th grade health class. These illustrations provide students with memorable tools that help them navigate life. "Teen Esteem comes in with a tape measure illustration saying there are these four years in your life that can make a lot of impact, but they don't define you," Kylee states. "You've got options. Teen Esteem gives students the idea that they need to find out what a successful life is for THEM and not what others think it should be." A key message to students is that their value is not based on their GPA, the college they attend or their athletic performance - but who they are as a person. That message changed the trajectory of Kylee's life, and she is now a confident young woman excited and passionate about her future!

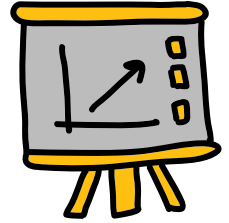
We found that the more we opened up and talked about what we were going through, the more other people opened up and shared that their kids struggled as well. We learned that by letting go of our own ego and sharing our story, we could help to break the stigma surrounding mental health. What our family has been through, together, has changed us all forever. And we could not have made it to this place without resources like Teen Esteem, who was a lifeline when we did not know where to turn."



In all of the 2021-22 school year, we were able to connect 38 students who indicated having suicidal thoughts with a counselor.

This past September alone, we had 15 counseling requests from just ONE middle school.

2021-22: BY THE NUMBERS



- 10,635 Students Reached
- 31,216 Parents Reached
- 96% of students evaluated said Teen Esteem empowered them to make good decisions about their future
- 16 New Student Venues
- 11 New Parent Venues

I am so grateful to be a part of Teen Esteem where we have these opportunities to be in the classroom reaching these students and reminding them that they are priceless, irreplaceable, invaluable and worthy of dignity and respect. Making them smile and laugh is really fun too! - Teen Esteem Speaker

When the presenters shared their life stories... that was the most impactful for me. They've come through a lot of challenges and are very happy about their life now. It inspired me to get back on track with my life, even when something goes wrong.
- Student



— ” —
"One way I can connect to today's presentation to my life is getting help from other people. I think that it is important to talk to someone about your problems other than just bottling it up and getting more anxiety."

— ” —
HIGH SCHOOL STUDENT

When asked what the most impactful part of the presentation was...

"I think the pornography part and the addiction part because I really don't want that to happen to me."
-middle school student



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“
I thought the discussions on self-worth and suicide were the most impactful to me because I struggle on the daily with feeling like I don't matter or like I could disappear and have nobody notice or care.

— ” —
HIGH SCHOOL STUDENT

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