

s everyone else and believing it

kids today don't have enough self-esteem to make at are good for them," said Hannah, from the mmunity at SUNY Geneseo. emembered one foster child who was very popular ol, but still carried deep emotional scars from an hood. ld cry and cry and cry, because she had felt hen she was at her (childhood) home," Hannah said. understand she was just as good as everybody else." recalled that another foster child had frequently been ot by her mother. In turn, the she would often say, id."

her hand, Hannah said her vel of self-esteem has om positive parental

k at other nd that makes appreciative of ove I'm by," Hannah

parents are esteem develop- am stressed that ssible for teens ss-esteem on

al nurturing ome from the a lot of parents ve that to give. at kids - and d to be able to hemselves," l.

le for raising he suggested, is rs.

e decisions you at will help another ll as yourself,"

L. "And that's done by rself."

ng said his self-esteem d by following such a

people rides home, and it el good that I took the time said J., 17, from St. Elizabeth Church in Hamlin.

esteem grows even deeper, he e is thanked for such efforts. compliment, that really

If someone says, 'Oh, that of you,' I can feel that the rest J. said.

le deeds, Statham noted, should not

ly by the people carrying out those deeds.

l accomplish great things - not to the world, but in-

side of themselves," Statham remarked. Jenna pointed out that people with high self-esteem also find no need to remind others of their accomplishments.

"Having high self-esteem and being egotistical are two different things," Jenna said. "If you're egotistical, it means you're telling everybody how good you are - and you come through as having low self-esteem."

Statham added that self-esteem does not have to be based strictly on visible achievements.

"Too many people put too

much emphasis on accomplishments rather than basic respect, dignity and worthiness," Statham emphasized. "That's why you can have immensely successful people who have accomplished great things - but they still feel rotten about themselves."

This can result in a damaging trickle effect, Statham added. "People who have low self-esteem, and are hard on themselves, project that onto others," he said.

And what would be the trickle effect of high self-esteem? "There's no limit to what you can accomplish," Statham stated.

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Jenna Rosati

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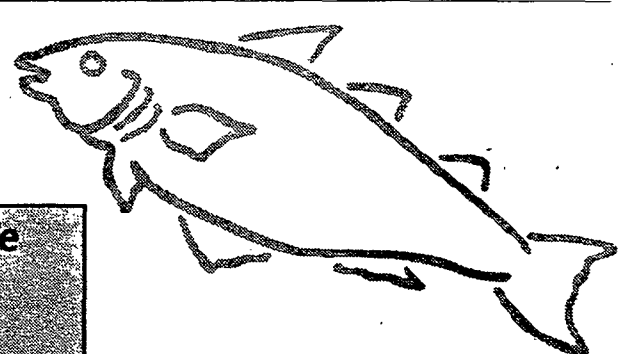
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