



How to build

# Confidence and Self-Esteem

## Online course for young people

Want to feel better about yourself? Want to feel more confident around other people?

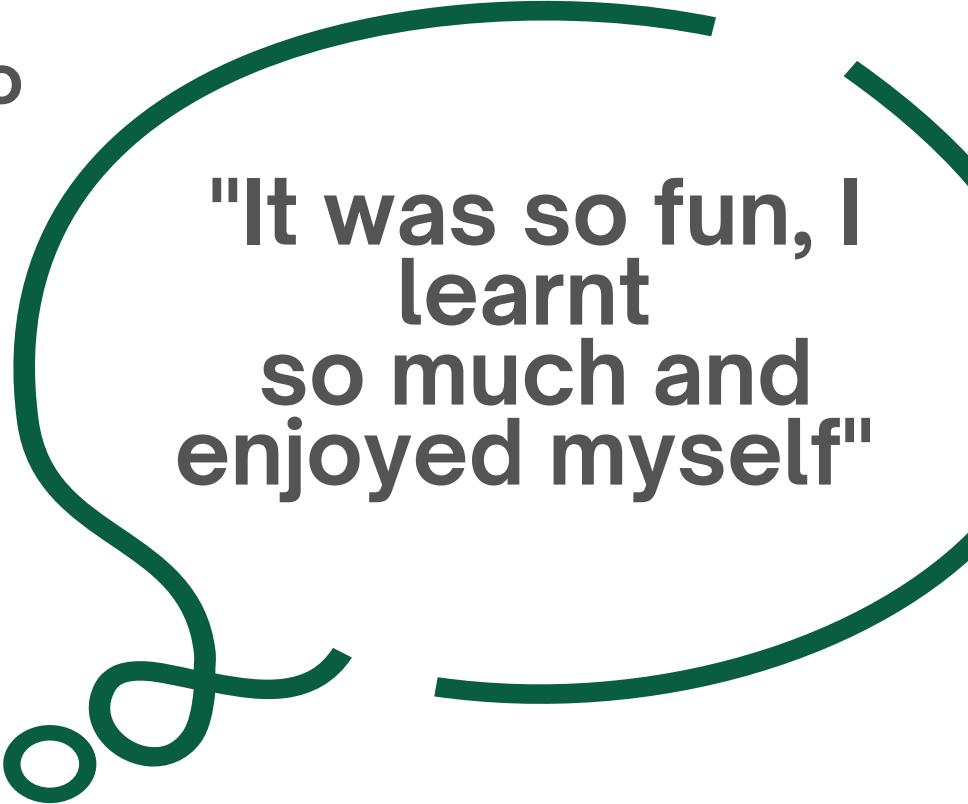
If you're in school year 7 or above, then our online, 5-week course could be for you.

**5 online sessions cover:**

- Why the media affects how we see ourselves
- How to cope better with setbacks
- How to deal with peer pressure
- How to feel better about ourselves

To secure your place or for more information, scan or click the QR code.

If you need help email [familyhubgroups@buckinghamshire.gov.uk](mailto:familyhubgroups@buckinghamshire.gov.uk)



"It was so fun, I learnt so much and enjoyed myself"



**Tuesdays**

23 September to 21 October

or

11 November to 9 December

6pm to 7pm



Proud to be part of

**Family Hub  
Network**

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