

# “YES” AND “NO”

One of the most important life skills that we must learn in order to practice healthy self-esteem is how to discern when to say “yes”, and when to say “no”.





**HAVING GOOD DISCERNMENT MEANS UNDERSTANDING WHEN A SITUATION IS RIGHT FOR YOU OR NOT, AND BEING ABLE TO ACT AND REACT ACCORDINGLY.**



This can be particularly difficult for children, who may feel pressured to make decisions that aren't necessarily in their best interests. Unfortunately, this can have long-term negative consequences on their self-esteem. That's why it's so important to teach children how to listen to their inner voice and act from a place of understanding, rather than from a place of fear or worry.

# "YES" AND "NO"

Here are some useful tips that parents can help their children use to discern when to say "yes" or when to say "no." Let them know they can...

-  Take your time. Don't rush into decisions without consulting trusted adults in your life first. It's crucial to really take the time to think through a situation and weigh the pros and cons, so that you can make an educated and informed decision.
-  Listen to your gut. It may sound cliché, but there's truth to it - if something doesn't feel quite right, even after considering the pros and cons, there may be something to it and it's important to pay heed to that inner voice.
-  Don't overthink it. Sometimes it really is as simple as saying "yes" or "no". Even if it seems like a difficult decision, if you take the time to really think through the pros and cons, the choice may become clear quite quickly.
-  Use outside support. If you're still not sure what to do or if something feels wrong, it helps to talk it out with a trusted adult, such as a family member or teacher. They can provide a different perspective or help guide you towards making the right decision.

Learning how to use discernment when making decisions is a key part of building healthy self-esteem. With these tips, children can start learning how to listen to their inner voice and make decisions that will serve them well - now and in the future!