

Young carers' self-worth pathway



What is self-worth?

Children show an ability to recognise their value and worth and are confident in their place in the world around them, their belief in themselves and their ability to strive towards their goals.

[Watch our self-worth animation >](#)



Young carers and self-worth

If we feel different to others, if we're finding things difficult or if we don't feel like we really know ourselves very well, then our self-worth can suffer. Self-worth is all about the way we think and feel about ourselves. None of us are perfect, but as young carers, we do so much for others, and that's amazing.

We should feel proud of ourselves, and show ourselves the same kindness that we show others.

It's ok to be different. It's ok not to have all the answers.

Try these self-worth stormbreaks

