

CONFIDENCE

SUPER SKILLS

WHAT IS

Confidence means having a realistic, inner sense of our capabilities. Trusting ourselves and our abilities is crucial to managing emotional challenges and succeeding with goals in life. A healthy amount of confidence is essential to mental health and success and improves decision-making and resilience.

The key to confidence is self-awareness, to allow ourselves to experience and reflect on even the most unpleasant emotions.



Confident children make informed and positive decisions.

Self-confidence helps youth resist peer pressure and to say "NO" to engage in risky behavior, including substance use.

Confidence is crucial to well-being, motivation, goal setting, and performance. It allows us to deal with pressure and manage personal and professional challenges.

Confidence drives us forward and gives us hope, trust, and healthy relationships.

Youth with healthy friendships often have more self-confidence and are less likely to suffer from mental health issues.

Confidence optimizes decision-making and influences many important aspects of life, including learning and selecting a positive life partner.

WHY CONFIDENCE MATTERS

Did You Know?

Completing activities increases confidence, so the best way to build confidence is to take action, face challenges, and create situations where we can be successful even when we are uncertain.

Confidence is one of the Super Skills promoting Social and Emotional Learning (SEL).



**Listen
FIRST**

THE SCIENCE OF SKILLS

Listen First, a UNODC initiative to support happy, healthy and nurturing families.

www.unodc.org/listenfirst



THE SCIENCE OF SKILLS

UNODC's Listen First materials support the development of children that will grow to be happy, successful persons in their communities. Children who develop social and emotional learning and life skills can navigate the good days and challenges of life. They are also a part of an effective and evidence-based substance use prevention approach.

SELF MANAGEMENT

Being able to regulate one's emotions.
Do you think before acting?
Do you set and achieve goals and plans? Do you recognize anger?

RESPONSIBLE DECISION MAKING

The ability to make decisions about your life and others.
Do your decisions have a positive impact on others?
Do you use critical thinking skills to set priorities?

STRESS MANAGEMENT

Being able to make changes to your life if you are in a stressful situation.
Do you prevent stress by practicing self-care and relaxation?
Do you manage your response to stressful situations when they do occur?

SELF AWARENESS

To recognize one's emotions and behavior.
Do you know your emotions?
How do they influence your behavior?

Grow Your
Super Skills
AND THRIVE!

RELATIONSHIP SKILLS

The ability to build positive relationships, especially with diverse groups.
Do you use communication skills such as active listening, and conflict resolution?
Do you practice empathy?



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