Check out the Self Worth episode of our podcast to learn even more about self worth and why we made this zine!
This *by youth for youth* zine is a helpful tool to have in your self-worth toolkit.

Please be aware that some of the questions meant to prompt reflection might bring up difficult emotions and touch on sexism, transphobia, homophobia, and other discriminatory stereotypes. A stereotype is a widely held, oversimplified idea of a group - e.g., all tall people are good at basketball.

If you are ever in immediate danger, call 911. Otherwise, there are resources and help lines at the end of the zine (page 11) that you can use for further information and support.

HI!

We are PREVNet’s [National Youth Advisory Committee](#) a group of youth passionate about creating resources for other young people across Canada to promote healthy relationships and prevent teen dating violence.

We developed this checklist to help other young people check in with their self-worth and how their relationships are impacting it.
Evidence shows many young people turn to their friends for support when navigating teen dating violence? (Richards and Branch 2011)

Dating violence involves aggressive, threatening, or manipulative behaviour in romantic or sexual relationships. Teen dating violence can be physical, sexual, or emotional and can happen in person or online.

In fact, we know that strong social support networks help young people cope with teen dating violence and can help prevent youth from experiencing it in the first place. (Goodman, Snyder, Wilson, and Whitford 2019)

Have you ever heard someone say “know your worth?”

Self-worth is the value we give to ourselves; it comes from inside us and is separate from what other people think about us.

This zine can help you reflect on your relationship with yourself and others. This guided reflection is meant to offer a way to identify supportive relationships and assess what is and is not working for you and your self-worth in your daily life.
“It’s important to reflect on how our relationships impact our sense of self-worth to ensure that they are healthy and thriving”
The shiny water below our feet
The radiant sky above our head

A reflection seen
The world of a thousand mirrors

A society suggests
The community contributes

Transformation, reflection and growth
A being’s self-worth is formed

Dynamic and life-long
Fundamental and necessary

Support and care is essential
To lift each other up
section 1

CHECKING IN
question 1

“Am I OK right now? Do I feel supported?”

☐ Do I have **someone I can go to** for support?

☐ Do I know how to **reach out** for support?

☐ Am I feeling **stressed**? Am I stressed out about something **specific**?

☐ Are the friends I choose to be around **adding to or reducing** my stress levels?

☐ Do I **feel good** about myself?

TIP

It is important to think about who in your support network you might turn to with a specific problem. You might want to make a list of friends, peers, or adults you would turn to for specific problems.

Identifying those **friends and adult mentors** in our life that we trust is important so that if we do have a problem, **big or small**, we know who we can reach out to for that issue. For example, think “if I have a toxic experience in my relationship, **who could I talk to**?”
question 2

“What are the ideas, activities and places I enjoy?”

☐ How do I choose to spend time when I am alone or with friends?

☐ What kinds of subjects do I like in school?

☐ What kind of books do I like to read?

☐ What do I believe in?

☐ Where do I like to spend time? The library? The gym? Do I enjoy playing video games? Do I enjoy playing sports?

TIP

You may want to start asking yourself: “did I do something today to make myself happy?” One example could be setting boundaries so that you had time to play your favourite game.
question 3

“Do my actions today fit with my values?”

What are my values? Values are the core ideas that we strongly believe are those most important principles to follow as we live our lives. Examples of values include integrity, compassion, humility.

My values are: ____________________________
______________________________
______________________________
______________________________

To get a sense of what your values are, ask yourself, “did I do something that didn’t sit well with my core values?” This is about reflecting on how our actions align with our values. Remember, there are no right or wrong answers – it’s about reflection. When we reflect on this, we can make small steps toward improving how we feel.
I Promise...

By Arlena Maytwayashing

I promise my smile is real
I promise today I ate a meal
I promise I am okay
I promise I got out of bed today

I promise I’m laughing, not crying
I promise I don’t think about dying
I promise I’ve had enough time to heal
I promise I’m telling the truth about how I feel

I promise I’ve pulled myself together
I promise that I am doing better
I promise my mind is crystal clear
I promise that you have nothing to fear

I promise everything is okay in my heart
I promise those hurtful words didn’t leave a mark
I promise I don’t feel all alone
I promise I can do this on my own

I promise I don’t want to die
I promise that this isn’t a lie
I am being honest
I promise...
question 4

“Do I feel good when I scroll through my social media feeds?”

How does my news feed make me think about myself? Can I relate to the content I see?

TIP

If you don’t feel good seeing content from certain individuals you can mute or unfollow. You can also choose to exclude some terms from certain platforms or take a break. For example, you can mute or exclude posts about topics that are triggering to you. Always remember though that nothing is ever guaranteed to be completely safe online.
We know that social media has a big impact on our self-worth. It’s important to check in regularly about why we use social media, how it makes us feel and whether it might be time for a social media break. Think about taking a walk today and putting your social media aside. How does that idea feel?

Remember that you can set your privacy settings to have a bit more control about who has access to you or is part of your social network. For example, you can have a private Instagram account or create a close friends list. Also remember, you never have to friend your boss on Facebook, and on Snapchat you have the option of blocking or reporting.
I cried putting my comforter on today
A simple task it is,
Wash and dry the sheets,
Place the duvet into its cover.
But without their hands,
The corners folded.
They folded like my heart
Uncomfortable in their place
Once familiar to them,
now lonely.
To fix:
Investigate the corners,
The edges,
The zipper.
They will not budge.
But before
They freely fit in place
It was like they
Belonged.
It was like they
Were
Meant
To
Be.
But now all is said and done,
This comforter has to work with one.
It’ll find its way,
But I still cried today.

By Jake Grady
How do self-worth and relationships connect? We know that dating relationships impact our self-worth, so it can help to get in touch with how our relationships might be affecting our self worth. If you answer ‘no’ to a lot of these questions, don’t panic! It might just mean it’s time to spend more time thinking about your relationship.
question 1

“Does [friend, partner] respect my interests and values?”

When I share my passion for _____ does this person make fun of me? Are they interested in listening to me talk about my interests even if they don’t share them? Do they put down things or people I care about?

question 2

“Does my [friend, partner] respect my boundaries?”

Do they share information I shared privately? For example, maybe I shared something private, and my partner told to our group of friends.

question 3

“Does my [friend, partner] put me down? Do they put me down in front of other people?”

Everyone jokes around with their friends and partners, but sometimes it is about us rather than an inside joke we all share. Does [friend, partner] make mean comments about me but say they’re just joking? Are they friendly when we’re alone but rude when we’re out with friends?
There is a difference between toxic attitudes and toxic behaviour. For example, your partner might hold sexist beliefs that they learned growing up, like dishes are not men’s work. When these attitudes result in them leaving their chores for you or making a sexist joke it’s time to think more about your values and your relationship.

REMINDER

We live in a society that revolves around stereotypes. We are all in different places when challenging our own privileges. A privilege is an advantage that only some people have. For example, if I have male privilege I can expect to be interrupted less when I talk. When someone consistently uses stereotypes to relate to you or others (purposely or not), this can damage your self-worth.

question 4

“Does [friend, partner] use sexist, homophobic or other discriminatory stereotypes when hanging out with me?”
Check out this resource that covers the basics of gender identity and pronouns to learn more about how to prevent discrimination and create healthier relationships:

thetrevorproject.org/resources/guide/a-guide-to-being-an-ally-to-transgender-and-nonbinary-youth

question 5

“How does this [friendship, dating] relationship impact my self-worth? How does it affect the way my values are present in my life?“

“How do I feel after hanging out with this friend or date? Do I feel less confident about myself or some aspect of my personality?”

There’s no need for immediate action if you realize a relationship negatively impacts your self-worth. If you want to address the situation, you can take small steps to reduce the gap between your values and your actions. Remember, if you’re in immediate danger, call 911; otherwise, please check out the resources at the end of this zine.
not less than

By Alexis Holmgren (She/They)

I am not defined by what I cannot do
There is so much more still that I can
I write the rules
Being disabled does not equal being incapable

The barriers imposed by society
Or my own body and diagnoses
Aren’t what make me, me
Attitudes do not determine my abilities

I am more than a number
More than a statistic
I am a whole person
Not less than

I am an advocate, creating a more inclusive world
A believer in change, with a heart strong and brave
A writer, sharing my story to educate
A high school graduate who “would never make it anyway”
A volunteer, making a difference and giving back every day

I am a traveler, with a love of adventure
And a desire to try something new
A Girl Guide and a leader, full of fortitude
A friend, surrounded by love and forever valued

I want to live my life, not just survive
As long as I am alive
My journey isn’t complete
I may have rare disease but rare disease doesn’t have me
I am not defined by what I cannot do.
There is so much more still that I can.
I write the rules.
Being disabled does not equal being incapable.
The barriers imposed by society or my own body and diagnoses aren't what make me, me.
Attitudes do not determine my abilities.
I am more than a number.
More than a statistic.
I am a whole person.
Not less than.
I am an advocate, creating a more inclusive world.
A believer in change, with a heart strong and brave.
A writer, sharing my story to educate.
A high school graduate who "would never make it anyway.
A volunteer, making a difference and giving back every day.
I am a traveler, with a love of adventure and a desire to try something new.
A Girl Guide and a leader, full of fortitude.
A friend, surrounded by love and forever valued.
I want to live my life, not just survive.
As long as I am alive.
My journey isn't complete.
I may have rare disease but rare disease doesn't have me.

By Alexis Holmgren (She/They)
support RESOURCES

KIDS HELP PHONE
24/7

📞 1-800-668-6868
🌐 kidshelpphone.ca

LGBT YOUTH LINE
Sunday to Friday 4pm – 9:30pm EST

📞 1-800-268-9688
📞 647-694-4275
🌐 youthline.ca

TRANS LIFELINE
Every day from 10am – 4am EST. Hotline staffed by transgender people for transgender people

📞 1-877-330-6366
🌐 translifeline.org

TALK4HEALING
Services offered in Ojibway, Oji-Cree and Cree

📞 1-855-554-HEAL (4325)
🌐 talk4healing.com

CRISIS SERVICES CANADA
24/7 Suicide Support and Resources

📞 1-833-456-4566
📞 45645 (4PM – 12AM ET)
🌐 crisisservicescanada.ca
Social Media is Fake

Check out this video from TikTok user spoiledmel. We like this video because it does a really good job of showing how fake and toxic social media can be. [vm.tiktok.com/ZMLDWaU31/](vm.tiktok.com/ZMLDWaU31/)

The PREVNet Podcast

Scan the code to listen to episodes created by the National Youth Advisory Committee on Self Worth, Building Support Systems in the 2SLGBTQIA+ Community, Building Support Systems in the BIPOC Community, and more!

ABOUT PREVNet

PREVNet works to build research capacity and promote evidence-based programs and effective policies across Canada to address and reduce bullying and youth dating violence, and to promote healthy relationships.

Learn more:
youthdatingviolence.prevnet.ca
@prevnet