

**PREVNet's National Youth Advisory  
Committee Presents**

# SELF WORTH

Tool Kit Tool Kit Tool Kit Tool Kit Tool Kit  
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Check out the **Self Worth episode**  
of our podcast to learn even more about  
self worth **and why we made this zine!**

# trigger WARNING

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.

# did you KNOW?

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)*

## know your worth

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**”



# reflections

*By Aki Ediriweera*

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:* \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## TIP

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?

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## 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.

## question 5

### “How do I feel about people’s access to me on social media?”

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**?

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## TIP

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**.

*By Jake Grady*

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.

## This image shows a full page of blank, lined paper. The paper is white with evenly spaced, horizontal light blue lines running across its entire width. There are no margins, text, or other markings on the page.



section 2

# SELF-WORTH AND RELATIONSHIPS

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?

# REMINDER

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.

## question 4

**"Does [friend, partner] use sexist, homophobic or other discriminatory stereotypes when hanging out with me?"**

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**.

*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](http://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







# support RESOURCES

## KIDS HELP PHONE


24/7

 1-800-668-6868


 [kidshelpphone.ca](http://kidshelpphone.ca)

## LGBT YOUTH LINE

Sunday to Friday 4pm - 9:30pm EST


 1-800-268-9688


 647-694-4275

 [youthline.ca](http://youthline.ca)

## TRANS LIFELINE


Every day from 10am - 4am EST. Hotline staffed by transgender people for transgender people


 1-877-330-6366

 [translifeline.org](http://translifeline.org)

## TALK4HEALING


Services offered in Ojibway, Oji-Cree and Cree


 1-855-554-HEAL (4325)


 [talk4healing.com](http://talk4healing.com)

## CRISIS SERVICES CANADA

24/7 Suicide Support and Resources

 1-833-456-4566

 45645 (4PM - 12AM ET)

 [crisisservicescanada.ca](http://crisisservicescanada.ca)



# more INFORMATION

## 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/](https://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](https://youthdatingviolence.prevnet.ca)  
[@prevnet](https://twitter.com/prevnet)