

## What is a Confident Young Person?

Confidence means different things to different people. Confidence is not about how we behave on the outside but about our inner feelings of self-belief.

One confident young carer may be the life and soul of the young carer groups, always first to volunteer to help out or start a conversation. Another confident young carer may prefer to sit quietly during the group or activities and have a few close friends. These two young carers can still be confident but appear different from each other, but they are both able and willing to learn new things. Both will try hard because they will be optimistic about what they can do.

So it is not always possible to make assumptions about how confident a young person is based on how they behave. You have to take time to get to know that person and find out what their core self belief is like. A confident young person is one who:

- Believes in their own ability to do things
- Has a genuine sense of their worth
- Takes responsibility for their actions
- Feels optimistic about life

Confidence isn't fixed though, it can grow and develop. As workers we have an important role to play in encouraging confidence in the young carers we work with. Our interactions with young carers can develop the aforementioned components of confidence by what we say and how we act. If we are confident in our ability to work with young carers we can help to create improve young carer's self beliefs and capabilities, so enhancing confidence.

