



NLCPA

Newfoundland and Labrador Counsellors' and Psychologists' Association
A Special Interest Council of the Newfoundland and Labrador Teachers' Association

TALK TO YOUR SCHOOL COUNSELLOR

High School Poster Links

Self Esteem

<http://kidshealth.org/en/teens/self-esteem.html>

<https://parents.au.reachout.com/common-concerns/everyday-issues/self-esteem-and-teenagers>