

the 1990s, the number of people in the UK who are aged 65 and over has increased by 1.5 million, and the number of people aged 75 and over has increased by 1.2 million (Office for National Statistics 2000).

There is a growing awareness of the need to address the needs of older people in the community. The Department of Health (1999) has published a strategy for older people, which sets out a vision for the future of older people's health and care. The strategy is based on the principle of 'active ageing', which is the process of optimising the opportunities for older people to participate in social, economic and cultural activities. The strategy also sets out a number of key objectives, including: to improve the health and well-being of older people; to promote the independence and autonomy of older people; to ensure that older people are able to live in their own homes; and to ensure that older people are able to participate in the community.

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the 1990s, the number of people in the world who are under 15 years of age is expected to increase from 1.1 billion to 1.5 billion (United Nations 1994).

There is a growing awareness of the need to develop a new generation of young people who are able to deal with the challenges of the 21st century. This has led to a number of initiatives aimed at promoting the development of young people's skills and attitudes.

One of the most important of these initiatives is the development of young people's self-esteem and self-confidence.

Self-esteem is a person's perception of their own worth and value. It is a key factor in determining a person's self-confidence and ability to deal with challenges.

Self-confidence is a person's belief in their own ability to succeed. It is a key factor in determining a person's motivation and ability to achieve their goals.

Both self-esteem and self-confidence are essential for young people to be able to deal with the challenges of the 21st century.

There are a number of ways in which young people's self-esteem and self-confidence can be developed.

One of the most important is through the development of their self-esteem and self-confidence.

Self-esteem can be developed through a number of activities, including:

- Encouraging young people to set and achieve their own goals.

- Encouraging young people to take responsibility for their own actions.

- Encouraging young people to be honest and open with themselves and others.

- Encouraging young people to be resilient and able to deal with setbacks.

- Encouraging young people to be confident and able to express their own views.

- Encouraging young people to be self-motivated and able to take initiative.

- Encouraging young people to be self-disciplined and able to manage their time.

- Encouraging young people to be self-aware and able to understand their own strengths and weaknesses.

- Encouraging young people to be self-responsible and able to take control of their own lives.

- Encouraging young people to be self-empowered and able to make their own choices.

- Encouraging young people to be self-reliant and able to stand on their own feet.

- Encouraging young people to be self-sufficient and able to take care of themselves.

- Encouraging young people to be self-fulfilling and able to achieve their own dreams.

- Encouraging young people to be self-actualized and able to reach their full potential.

- Encouraging young people to be self-fulfilled and able to live a meaningful life.

- Encouraging young people to be self-satisfied and able to be happy with themselves.

- Encouraging young people to be self-content and able to be satisfied with their lives.

- Encouraging young people to be self-accepting and able to accept themselves as they are.





