



# *Proclamation*

## *By the Governor of Alabama*

*WHEREAS, the State of Alabama is focused on the healthy physical, mental and emotional development of youth ages 10-18, and ensuring they have access to opportunities that build essential skills and resources focused on their well-being; and*

*WHEREAS, within the last decade, major depression among teens in the U.S., has increased 37 percent. About one out of five students report being bullied. Studies show that by middle school over 40 percent of girls are dissatisfied with two or more parts of their body; and*

*WHEREAS, low self-esteem has been linked to under performance at school, suicide, eating disorders, self-harm, violent behavior and substance use. Additionally, studies continue to show the self-esteem of girls aged 12 begins to decrease and little improvement is made until the age of 20; and*

*WHEREAS, young men and boys experience low self-esteem however, they tend to be under the radar and their body image issues go unreported. A study indicated up to 12 percent of teen boys are using unproven supplements and/or steroids to build muscle mass; and*

*WHEREAS, I Am Worth More is purposed to help youth ages 10 to 18 retain and/or build their self-esteem, connect them to resources and increase their positive entertainment intake; and*

*WHEREAS, teens across the country and organizations nationwide would benefit from I Am Worth Mores National Teen Self-Esteem Month program held annually in May to support the healthy physical, mental, emotional and spiritual development of youth through coordinating events, workshops and other opportunities designed for youth;*

*NOW, THEREFORE, I, Kay Ivey, Governor of Alabama, do hereby proclaim May 2018, as*

# *National Teen Self-Esteem Month*

*in the State of Alabama and urge the members of the education and business communities to participate in programs to help and encourage our youth, and help teens take advantage of the many resources available to them.*



*Given Under My Hand and the Great Seal of the Office of the Governor at the State Capitol in the City of Montgomery on the 27th day of April 2018.*

*Kay Ivey*  
\_\_\_\_\_  
*Kay Ivey, Governor*