



# Dyslexia and confidence

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Scotland's curriculum recognises confidence as a key attribute for the 21<sup>st</sup> century. It is important that young people and adults with dyslexia are enabled to be confident individuals, able to thrive as individuals and members of their communities.

However, when dyslexia is unidentified or unsupported, a dyslexic person might struggle in their learning, work or social environment. This can affect their confidence and self-belief negatively, meaning they may not achieve their potential.

## Why is confidence important?

### Confident people:

- try new things and are more open to learning
- enjoy challenging tasks
- are comfortable with making mistakes
- express themselves as individuals
- aren't side-tracked by fear of failure.

## **What can help someone with dyslexia develop their confidence?**

- Having awareness of their strengths.
- Focussing on their abilities.
- Recording their successes and achievements.
- Using the things they are good and enjoy to help with things they find difficult.
- Having positive role models to learn from.
- Having the support of someone who believes in them.
- Being in supportive learning and working environments.
- Understanding themselves and how they learn and think.

## **How can others help someone with dyslexia develop their confidence?**

- Valuing and supporting them for who they are.
- Encouraging them to work and play to their strengths.
- Being supportive and encouraging.
- Praising effort and giving accurate feedback.
- Helping them to recognise and celebrate their achievements.