

# HANDLING CRITICISM



Youth Employees from left to right: Jentri Price, Rileyanne Hawpe, Mia Nanita, Rylee Gellner, Kennedy Maturino , Braley Hix Not Pictured: Addi Price

## How Criticism Can Harm Someone

Criticism is the way someone expresses disapproval or a correction to one's attitude, actions, or just to an individual's faults. For example, Addi explains how, in the past, sometimes coaches would flat-out be critical, and it can harm your mental game regarding sports. It can make you second guess your moves, believe you are not good enough, and ultimately affect your playing time. Harmful criticism can affect someone's mental health, self-image, confidence, and a lot of things. It leads someone to have doubtful thoughts and low self-esteem, believing they can't do anything right.

## Ways to avoid using criticism

Criticism is hard to avoid, but there are ways to help prevent it. Mia tries to avoid negative criticism by not hanging out around negative people or people who ultimately want to bring her down. For example, Rileyanne was criticized by a previous friend about the way she looks and how strong she is. The girl would comment on how Rileyanne was too masculine or too strong for a girl. To avoid this criticism in future circumstances, she would show it doesn't affect her, stand up for herself, or call the person out for the comments. Later this girl slowly stopped making these comments, and Rileyanne was able to avoid future criticism and negative comments from the girl.

## What is constructive criticism

Constructive criticism is meant to communicate improvement. It is to provide the guidance someone may need to grow or advance skills. Kennedy told her friend that for their friendship to continue, her friend was going to need to change her attitude and the way she spoke to Kennedy. By doing this Kennedy gave her friend constructive criticism to show that she cared about how her friend treated her but that she also didn't want to end the friendship she wanted to keep trying. This is constructive criticism because Kennedy in her true heart was trying to save her friendship but also show that she would not put up with the critical comments her friend was making. Another way someone can give constructive criticism is by expressing a compliment. While kindly criticizing someone. For example, when Braley gives constructive criticism she starts with a compliment and then expresses the criticism nicely, it's all about how you say it, and then she ends it with a compliment to make sure the person understands that it's not all negative.

## Ways to handle criticism

If someone were to give you constructive criticism, take it politely, they do not mean it to be rude, they are truly trying to improve your well-being and doing it in your best interest. But if someone was to criticize you in a mean way then that's when you can handle it in many ways. For example, you can either take it and perceive it in the way that they were trying to help you and just don't know how to say it nicely. Or if it comes off as them trying to be mean or stuck up, respectfully respond to it, and if it seems necessary don't take the criticism to heart. Just know that in the long run, you decide how you let someone's criticism harm you. Sometimes it's good to act like you appreciate it, and then for your good don't take it to heart. Teenage girls are some of the most judgemental people, and sometimes they don't even mean to be mean. Jentri explains that If someone criticized her, in a mean way, she would genuinely smile and act like she appreciated the criticism and then ignore it so she doesn't let it get to her or affect her. Now if she feels that the person truly was trying to give her constructive criticism then she would in her head change the way the person said it or she would tell them that it came off rude but that she appreciates the criticism.

