

Assembly Resolution No. 1282

BY: M. of A. Rules (DeStefano)

MEMORIALIZING Governor Kathy Hochul to proclaim
May 2026, as Teen Self-Esteem Month in the State of
New York

WHEREAS, It is the custom of this Legislative Body to recognize official months that are set aside to increase awareness of serious issues that affect the lives of citizens of New York State; and

WHEREAS, Attendant to such concern, and in full accord with its long-standing traditions, it is the sense of this Legislative Body to memorialize Governor Kathy Hochul to proclaim May 2026, as Teen Self-Esteem Month in the State of New York, in conjunction with the observance of National Teen Self-Esteem Month; and

WHEREAS, Low self-esteem can lead to serious problems in teens, such as depression and eating disorders; it is imperative to help teenagers voice their needs, share perspectives and build healthy outlooks on themselves; and

WHEREAS, Open lines of communication between parents, teachers and teens can significantly increase their self-esteem; listening and taking interest in their lives, along with avoiding negative talk will encourage pride and respect within their formative years; and

WHEREAS, Additionally, bullying and teasing are issues which can lead to low self-esteem, furthering the importance of adults praising teens more than scolding them; and

WHEREAS, There are several tangible and profound ways in which we can help our teens, such as encouraging them to be active, persuading them to try something new, helping them to nurture friendships, tackling to do lists and helping them to identify things in which they excel; and

WHEREAS, It is imperative that there be greater public awareness of this serious issue, and more must be done to increase knowledge and attentiveness at both the state and local levels to support and protect our youth, our most precious resource; now, therefore, be it

RESOLVED, That this Legislative Body pause in its deliberations to memorialize Governor Kathy Hochul to proclaim May 2026, as Teen Self-Esteem Month in the State of New York; and be it further

RESOLVED, That a copy of this Resolution, suitably engrossed, be transmitted to The Honorable Kathy Hochul, Governor of the State of New York.