

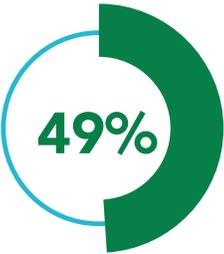


Cyberbullying.
Stress.
Vaping.
Resilience.

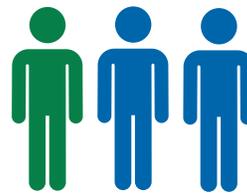
Talk About **It.**

Alcohol.
Empathy.
Anxiety.
Purpose.

Purpose



of **Beach Cities 11th graders** report that they “do school” – they work hard, but they rarely find their schoolwork interesting, fun or valuable.



Almost a **third of college students** change their major at least once within three years.

You're the most important influence in your child's life.

Whatever **“it”** is, have the talk.

Find tips at bchd.org/talk.

Beach Cities Partnership For Youth



Tips to Talk About It

Purpose is the motivating force behind everything you do – it's your way to contribute to society in a meaningful way. Talk to your child about purpose.



Always keep conversations open and honest



Come from a place of love, even when you're having tough conversations



Provide positive reinforcement



It's never too early – or too late – to start the conversation

Top five tips to help your child develop purpose:

1. Expose your child to different and stimulating environments. It will enhance their creativity and increase their awareness of their own gifts.
2. Encourage your child to explore their passions by finding clubs or structured school activities that connect with their broader interests.
3. Create opportunities to discuss the things that matter most, especially the values they want to live by.
4. Support your child as they recognize and exercise their strengths, so they are better equipped to meet life's challenges. This can build confidence and self-esteem, increase happiness and reduce depression.
5. Promote independence so they can better explore their ideas.

Have the talk.

Find tips at bchd.org/talk.

For parenting resources, blogs and videos, go to familiesconnected.org

Information sourced from:

California Healthy Kids Survey, 2017-18
Pop an Ollie and Innovate! TedxUSC Rodney Mullen
Greater Good, "How to Foster Creativity in Your Kids"
"Overloaded and Underprepared" by Denise Pope
U.S. Department of Education, "Beginning College Students Who Change Their Majors Within 3 Years of Enrollment"

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