

Social Media.  
Resilience.  
Healthy Relationships.

# Talk About **It.**

Empathy.  
Vaping.  
Mental Health.

Paige and Maddie, 5 years old

## Resilience

14%

of Beach Cities 11th graders missed school due to feeling very sad, hopeless, anxious, stressed or angry in the past 30 days.

40%

of Beach Cities 7th graders report that they work hard to try to understand new things at school.

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

Whatever **"it"** is, have the talk.

Find tips at [bchd.org/talk](http://bchd.org/talk).

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# Tips to Talk About It

Enduring challenges and overcoming adversity can foster positive growth and development. Talk to your child about resilience.



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 grow their resilience:

- Praise your child wisely. Give positive feedback on actions that your child has control over, such as their effort – not their talent.
- Allow your child to pursue their own interests and explore their passions.
- Starting at an early age, let your child try things on their own. Only step in when you see they need help.
- Embrace alternative perspectives when your child faces adversity.
- Students who value effort are said to have a growth mindset – they perceive ability as a malleable skill. Foster a growth mindset and grit in your child by internalizing the motivation to persist.

## Have the talk.

Find tips at [bchd.org/talk](https://bchd.org/talk).

For parenting resources, blogs and videos, go to [southbayfamiliesconnected.org](https://southbayfamiliesconnected.org)

### Information sourced from:

California Healthy Kids Survey, 2018-19

Dr. Carol Dweck, <https://www.mindsetworks.com/science/>

Angela Duckworth, <https://angeladuckworth.com/>

Hochanadel, A., et al. (2015). Fixed and growth mindset in education and how grit helps students persist in the face of adversity. Retrieved: <https://files.eric.ed.gov/fulltext/EJ1051129.pdf>

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