

SELF-AWARENESS & SELF-MANAGEMENT

Parent Resource

What is self-awareness and self-management?

Self-awareness and self-management means to understand and govern our thoughts, actions and impact on others.

As your child gets older, he or she will continue to develop self-awareness and self-management skills by recognizing how one's thoughts and ideas influence choices and impact others.

In grades six to eight, children begin:

- ✓ Monitoring progress toward attaining a personal goal.
- ✓ Understanding the importance of perseverance when facing difficulty solving a problem.
- ✓ Identifying healthy responses to negative peer pressure.

Below is a way you can help your child learn, practice and demonstrate self-awareness and self-management skills:

DISCUSS PEER PRESSURE

Discuss with your child the differences between negative and positive peer pressure and how to respond to situations.

NEGATIVE PEER PRESSURE

Examples of negative peer pressure include, cheating on a test, excluding a classmate from a social activity or saying negative things about someone else to impress others. Some responses to negative peer pressure could include walking away or seeking advice from someone you trust on how to handle the situation.

POSITIVE PEER PRESSURE

Peer pressure can also be positive and help you make good choices. For example, motivating teammates during practice and showing kindness in class.

SKILLS TO CONSIDER PRACTICING WITH YOUR CHILD:



Identifying how continuous learning leads to personal growth.



Recognizing how small and large decisions can have an impact on others.



DINNER TABLE CONVERSATION STARTER

Discuss with your child ways that he or she can have a positive impact on others. Ask your child how he or she interacts with peers in the classroom, organizations and teams. Additionally, ask how he or she can improve self-awareness and self-management in school, at home and in the community.

BY GAINING SELF-AWARENESS AND LEARNING SELF-MANAGEMENT, YOUR CHILD WILL TAKE AN ACTIVE ROLE IN MONITORING AND ADAPTING HIS OR HER BEHAVIOR.