

GRIT

Parent Resource

What is grit?

Grit means working consistently towards long-term goals.

As your child gets older, he or she will face situations where grit is needed to keep working toward reaching goals, despite setbacks.

In grades nine through twelve, children begin:

- ✓ Wanting control over more aspects of their lives.
- ✓ Feeling excited but anxious about the future.

Below are some ways you can help your child learn, practice and build grit:

START THE CONVERSATION



Talk about a time as a young person when you had to use grit to reach a goal despite challenges and setbacks. By sharing your perspective, your child will gain an understanding of the importance of grit and your ability to persevere through life's challenges.

ASK YOUR CHILD



Ask your child to describe a situation when he or she wanted to give up. What prevented them from doing so and persevering instead? Could these same strategies assist in achieving a current goal?

PLAN IT OUT



Encourage your child to think about his or her plan after high school and what is needed to achieve these goals.

HELPING YOUR CHILD BUILD GRIT NOW WILL HELP THEM UNDERSTAND THAT THEY CAN ACCOMPLISH ANYTHING WHEN YOU WORK HARD.



SKILLS TO CONSIDER PRACTICING WITH YOUR CHILD:



Formulate a plan to attain a personal goal that addresses strengths, needs and risks.



Evaluate strategies that assist with managing challenges or setbacks.

