

CITIZENSHIP

Parent Resource

GRADES
9-12

What is citizenship?

Citizenship means helping my neighbor, community and nation.

As your child gets older, he or she will have opportunities to make choices that impact the school, community and nation.

In grades nine through twelve, children begin or continue:

- ✓ Demonstrating effective and respectful communication skills and strategies.
- ✓ Understanding the importance of civic participation.
- ✓ Refining plans for career paths or areas of study.

Below are ways you can help your child learn, practice and demonstrate citizenship:

TALK ABOUT THE IMPORTANCE OF VOLUNTEERING



Volunteering is a great way to exemplify being a good citizen. Discuss ways that volunteering provides benefits for the organization and the volunteers! Examples include exploring potential civic interests or career paths and meeting new people while helping others.

DISCUSS THE BRIGHT FUTURES SCHOLARSHIP PROGRAM



Volunteerism and leadership positions not only help build citizenship skills but can lead to scholarship opportunities for after high school! Did you know that the Bright Futures Scholarship Program has helped more than 950,000 Florida students achieve academic goals? Check out floridabrightfutures.gov for the volunteer hours (or paid work hours) needed for each level of scholarship.

HELPING YOUR CHILD UNDERSTAND THE IMPORTANCE OF CITIZENSHIP WILL PREPARE HIM OR HER TO CONTRIBUTE TO AND TAKE PRIDE IN OUR COMMUNITY AND NATION.

SKILLS TO CONSIDER PRACTICING WITH YOUR CHILD:



Identifying benefits of voting, volunteering, mentoring and seeking leadership positions.



Analyzing ways a leader can inspire and motivate others to be active in their community.



ACTIVITY TO DO WITH YOUR CHILD

Visit the Volunteer Florida website (volunteerflorida.org) together and explore the various resources and information about volunteerism. Click on "Volunteer Services," then "Find Volunteer Opportunities" to check out different opportunities in your local community. Make sure to check in with your student's school counselor to find out how to keep track of service hours for the Bright Futures Scholarship Program!



CRITICAL THINKING & PROBLEM SOLVING

Parent Resource

GRADES
9-12

What is critical thinking and problem solving?

Critical thinking and problem solving means gathering information to think through and determine the best solution.

As your child gets older, he or she will need to continue developing critical thinking and problem solving skills to be successful in school and life. He or she can use these skills to make responsible choices, accomplish goals and maintain positive relationships through effective communication, collaboration and conflict resolution.

In grades nine through twelve, children begin:

- ✓ Demonstrating effective and respectful communication skills and strategies.
- ✓ Refining plans for career paths or areas of study for life after school.

Below are ways you can help your child learn, practice and demonstrate critical thinking and problem solving skills:

HAVE YOUR CHILD SHARE



Have your child share a challenge or a problem he or she is currently encountering at school, work or at home. What are some strategies he or she has already tried? Discuss other options that he or she may not have yet considered and the pros and cons associated with those options.

DISCUSS YOUR COMMUNITY



Discuss with your child an issue or problem happening in your community. Ask your child if he or she has an opinion on the topic. Encourage your child to research information to inform his or her opinion. Revisit this conversation later to see if your child has changed his or her opinion.

WORKING WITH YOUR CHILD
TO UNDERSTAND THE
IMPORTANCE OF CRITICAL
THINKING AND PROBLEM
SOLVING WILL HELP HIM OR
HER TO BECOME CONFIDENT,
INDEPENDENT AND
SUCCESSFUL.

SKILLS TO CONSIDER PRACTICING WITH YOUR CHILD:



Applying alternative solutions when solving problems or resolving conflict.



Discussing ways to anticipate, avoid or de-escalate conflicts.



ACTIVITY TO DO WITH YOUR CHILD

Research the electoral process and the importance of being an informed voter with your child. Look for elections that are currently happening in Florida and have your child research the candidates and the issues that the candidates are addressing. Do these solutions consider all relevant factors?



RESILIENCY
FLORIDA

EMPATHY

Parent Resource

GRADES
9-12

What is empathy?

Empathy means understanding how and why others think, feel and act.

In grades nine through twelve, children begin:

- ✓ Understanding how perspectives, circumstances and experiences affect others.
- ✓ Analyzing how actions and reactions can influence one to respond to different situations.
- ✓ Demonstrating effective and respectful communication skills and strategies.

Below is a way you can help your child learn, practice and demonstrate empathy:

SHARE AN EXAMPLE



Discuss a situation when you helped someone in a time of need and reflect on the outcome. Discuss with your child if there were any challenges to demonstrating empathy.

BY PRACTICING EMPATHY,
YOUR CHILD WILL IMPROVE
COMMUNICATION SKILLS
AND LEARN TO REFLECT,
OBSERVE AND THINK ABOUT
HIS OR HER OWN
BEHAVIORS.



SKILLS TO CONSIDER PRACTICING WITH YOUR CHILD:



Organizing a volunteer event in your school or community.



Adjusting behavior to respect the needs of others.



ACTIVITY TO DO WITH YOUR CHILD

Discuss with your child the importance of having empathy in his or her career path and future. For example, if your child would like to enter the healthcare field, he or she would need to demonstrate empathy when caring for patients. Empathy plays a significant role in building relationships and developing leadership skills.

GRATITUDE

Parent Resource

GRADES
9-12

What is gratitude?

Gratitude means being thankful and sharing appreciation with others.

In grades nine through twelve, children begin or continue:

- ✓ Learning how actions can affect others.
- ✓ Analyzing how actions and reactions can influence one to respond in different situations.
- ✓ Understanding how acts of service can cultivate gratitude.

Below are ways you can help your child learn, practice and demonstrate gratitude:

DISCUSS GRATITUDE IN YOUR COMMUNITY

Discuss with your child ways you have expressed gratitude in the workplace or in the community.

EXAMPLE

For example, celebrating small wins when working in a group or volunteering for a worthwhile cause.

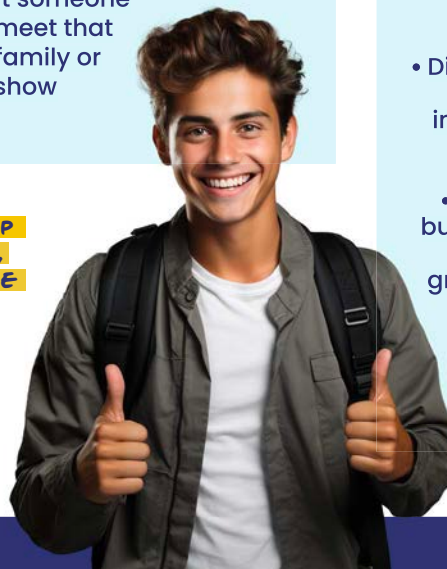
IDENTIFY WAYS TO EXPRESS GRATITUDE

Encourage your child to identify different ways he or she can express gratitude towards someone.

EXAMPLE

For example: observing what someone needs and taking action to meet that need, cooking for his or her family or writing a thank you card to show appreciation to a friend.

LEARNING TO FOSTER AND EXPRESS GRATITUDE WILL HELP STRENGTHEN RELATIONSHIPS, BUILD CHARACTER AND IMPROVE RESILIENCY.



SKILLS TO CONSIDER PRACTICING WITH YOUR CHILD:



Demonstrating effective and respectful communication skills and strategies.



Recognizing the contributions and sacrifices of others that make opportunities possible.



ACTIVITY FOR YOU AND YOUR CHILD

Discuss with your child the importance of having and demonstrating gratitude. For example,

- Discuss ways your child can show gratitude in the community, including exploring opportunities through volunteerflorida.org.

- Talk about the importance of building professional relationships, which includes demonstrating gratitude. Share examples, such as sending a personalized thank you note after a job interview, which can set you apart from the other applicants.

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.



HONESTY

Parent Resource

GRADES
9-12

What is honesty?

Honesty means telling the truth.

As your child gets older, honesty will continue to be a valuable characteristic. It is important for your child to learn how to be honest and to communicate in a respectful, kind and truthful manner.

In grades nine through twelve, children begin or continue:

- ✓ Demonstrating effective and respectful communication skills and strategies.
- ✓ Modeling honesty in responsible decision-making.
- ✓ Navigating leadership and career opportunities.

Below are some ways you can help your child learn, practice and demonstrate honesty:

TALK ABOUT THE IMPORTANCE



Talk about the importance of honesty when working as part of a group at school or in the workplace. Showing up on time, meeting deadlines and being honest when a mistake has happened contribute to accomplishing the group's goal.

DISCUSS INTEGRITY



Discuss the importance of showing integrity. Describe how dishonesty can affect your child's future goals or create challenges and setbacks. In contrast, highlight how being honest and showing integrity can positively impact your child's goals such as his or her career or educational opportunities.

BY ENCOURAGING YOUR CHILD TO BE HONEST, YOU CREATE AN ENVIRONMENT WHERE HONESTY IS PRACTICED, EXPECTED AND APPRECIATED.

TOPICS TO CONSIDER DISCUSSING WITH YOUR CHILD:



Demonstrate effective and respectful communication to combine honesty with kindness.



Analyze how actions and reactions can influence one to respond in different situations and how this can make it challenging to practice honesty.



DINNER TABLE CONVERSATION STARTER

Discuss with your child potential future career options. Talk through how honesty is valued in the workplace. Why is it important to be honest in his or her chosen career path?

MENTORSHIP

Parent Resource

GRADES
9-12

What is mentorship?

Mentorship means giving or asking for support, guidance, training or expertise.

As your child gets older, he or she will better understand how mentorship can help achieve his or her goals. High school students are often presented with various opportunities to serve as a mentee or mentor.

In grades nine through twelve, children begin or continue:

- ✓ Demonstrating leadership skills in the school and the community.
- ✓ Exhibiting effective and respectful communication skills and strategies.
- ✓ Identifying opportunities to support, guide or train others.

Below are ways you can help your child learn, practice and demonstrate mentorship:

DISCUSS LEADERSHIP SKILLS

Through mentoring others, such as by tutoring younger students or leading a club activity, your child can develop strong leadership skills. Discuss leadership skills he or she currently exhibits and areas that your child would like to show improvement.

HELP YOUR CHILD HEAR FROM FIRSTHAND FROM EXPERTS

Your child may have a career interest where a local mentor is not readily available. Consider listening to a podcast, reading a book, or watching an online presentation with your child to hear firsthand from experts in that field.

HELPING YOUR CHILD UNDERSTAND THE IMPORTANCE OF ASKING FOR HELP AND HELPING OTHERS CAN POSITIVELY IMPACT HIM OR HER NOW AND IN THE FUTURE.

SKILLS TO CONSIDER PRACTICING WITH YOUR CHILD:



Identifying benefits of volunteering, mentoring and seeking leadership positions.



Analyzing ways a mentor can inspire confidence and motivate others.



ACTIVITY FOR YOU AND YOUR CHILD

Have your child seek out a mentor from his or her school or community who has demonstrated success in a career that is interesting to your child. Interacting with this mentor can provide your child with support, training or expertise that will make his or her goals more approachable.



RESILIENCY
FLORIDA

PERSEVERANCE

Parent Resource

GRADES
9-12

What is perseverance?

Perseverance means continuing to try even when things are hard.

As your child gets older, it is important for him or her to continue to develop the perseverance to achieve his or her goals.

In grades nine through twelve, children begin or continue:

- ✓ Setting personal goals and implementing strategies and monitoring progress to achieve those goals.
- ✓ Analyzing the importance of character and working consistently toward long-term goals.
- ✓ Finding multiple solutions to solve problems.

Below is a way you can help your child learn, practice and demonstrate perseverance:

EXPLAIN THE IMPORTANCE OF BEING CHALLENGED

Explain to your child the importance of looking at challenges as temporary setbacks and not insurmountable obstacles. For example, a teen not passing his or her driver's license exam. Instead of giving up, they could prepare more and continue trying until they pass the exam. Reframe failure as a positive learning experience for the future.

BY ENCOURAGING YOUR CHILD TO PERSEVERE, YOU ARE HELPING HIM OR HER DEVELOP THE NECESSARY SKILLS TO ACHIEVE HIS OR HER GOALS.

SKILLS TO CONSIDER PRACTICING WITH YOUR CHILD:



Evaluate strategies that assist with managing challenges or setbacks.

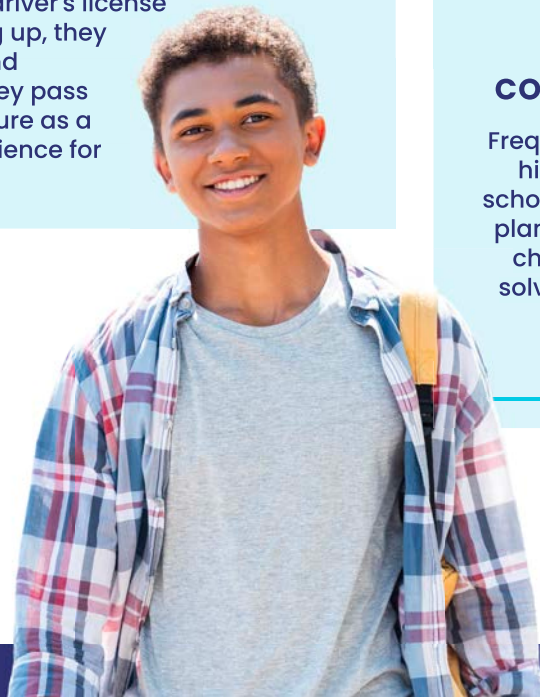


Formulate a plan that includes strengths, needs and risks to attain a personal goal.



DINNER TABLE CONVERSATION STARTER

Frequently discuss with your child his or her plans for after high school and the steps to refine their plans. Does your child anticipate challenges? Discuss a plan to solve these challenges together and the importance of perseverance.



RESPONSIBILITY

Parent Resource

GRADES
9-12

What is responsibility?

Responsibility means owning my actions, using good judgment and practicing self-control.

As your child gets older, it is important for him or her to continue to develop responsibility by taking ownership of his or her life. It is also important that your child acknowledges that he or she is accountable for the choices he or she makes.

In grades nine through twelve, children begin or continue:

- ✓ Analyzing how actions and reactions can influence one to respond differently.
- ✓ Exhibiting leadership skills in the school and community.
- ✓ Identifying the benefits of volunteering, mentoring and seeking leadership responsibilities.

Below are ways you can help your child learn, practice and demonstrate responsibility:

ENCOURAGE RESPONSIBLE ACTIVITIES



Encourage your child to get a summer job or do volunteer work. This will help your child understand the importance of responsibility, practice strong self-management and develop leadership skills.

HELP IDENTIFY A LEADER



Responsibility helps your child establish leadership skills in their home, school and community. Ask your child to identify a leader in his or her life. What characteristics of responsibility does that individual demonstrate?

PREPARE FOR OPPORTUNITIES



Responsibility plays a role in preparing for opportunities after graduation. For example, applying for scholarships and writing a resume allows your child to showcase responsibility through his or her academic achievement, community involvement and civic engagement.

BY TEACHING YOUR CHILD TO BE RESPONSIBLE, YOU ARE HELPING HIM OR HER POSITIVELY CONTRIBUTE TO THE FAMILY, SCHOOL AND COMMUNITY.



SKILLS TO CONSIDER PRACTICING WITH YOUR CHILD:



Implementing effective time management strategies to meet the demands of competing priorities.



Implementing strategies and monitoring progress in achieving a personal goal.



ACTIVITY FOR YOU AND YOUR CHILD

Identify different responsibilities your child may take on during high school, such as learning how to drive, volunteering in the community, starting a job or registering to vote.

EXAMPLE

Make a plan to start a job or volunteer.

- Research what jobs or volunteer opportunities are available
- Identify what is required to apply.
- Determine how many hours he or she can work or volunteer while also balancing other priorities such as school, sports and friendships.

RESPONSIBLE DECISION-MAKING

Parent Resource

GRADES
9-12

DID YOU KNOW?

People make about 35,000 decisions **EVERY DAY!**

Responsible decision-making means thinking about all options and outcomes to make the best choice.

In grades nine through twelve,
children begin or continue:

- ✓ Demonstrating effective and respectful communication skills and strategies.
- ✓ Developing leadership skills.
- ✓ Refining plans for career paths or areas of study.

LEARN FROM THE PAST

Share a time when you revisited a decision after gaining new perspectives.

EXAMPLE

For the last couple of years, you have planned to attend a certain technical college after high school. Recently, you attended a career presentation that interested you. Pursuing this new interest, however, would significantly change your plan. Describe what you should consider when making this decision.

TALK ABOUT ACTIONS AND REACTIONS

Describe how actions and reactions can impact responsible decision-making.

EXAMPLE

Keeping up with content on social media takes up quite a bit of time. You would like to cut down on screen time as you know it is taking away from other activities you enjoy. Describe responsible decision-making given this challenge and some strategies that may be helpful.

SKILLS TO CONSIDER PRACTICING WITH YOUR CHILD:



Consider different perspectives to inform decision-making.



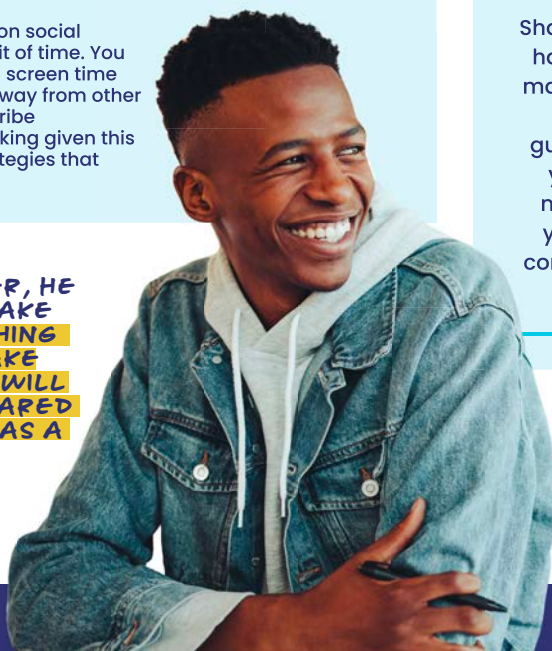
Analyze how actions and reactions can influence one to respond in different situations.



DINNER TABLE CONVERSATION STARTER

Share with your child an experience you had as a young adult when making a major decision. What helped you make your decision? Did you seek out guidance or advice? Is there anything you would have done differently in making this decision? By describing your experience, this can help open conversation with your child to support responsible decision-making.

AS YOUR CHILD GETS OLDER, HE OR SHE WILL HAVE TO MAKE MORE DECISIONS. TEACHING YOUR CHILD HOW TO MAKE RESPONSIBLE DECISIONS WILL HELP HIM OR HER BE PREPARED WHEN SITUATIONS ARISE AS A TEEN OR ADULT.



**RESILIENCY
FLORIDA**

SELF-AWARENESS & SELF-MANAGEMENT

Parent Resource

GRADES
9-12

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 nine through twelve, children begin:

- ✓ Implementing strategies and monitoring progress in achieving personal goals.
- ✓ Demonstrating behavior that respects the needs of others.
- ✓ Creating a plan to attain a personal goal that addresses strengths, needs and risks.

Below are ways you can help your child learn, practice and demonstrate self-awareness and self-management skills:

DISCUSS AN EXAMPLE

Discuss a time when you disagreed with someone and how you adjusted your behavior to understand the other person's point of view. For example, when you had a disagreement with a friend or coworker and he or she was not able to see your perspective. How did you approach the situation?

WORK TO DEVELOP GOALS

Work with your child to develop short and long-term personal goals. The goals should be measurable and achievable. Later, have them reflect on the process, his or her progress and how self-awareness and self-management helped them reach these goals.

SKILLS TO CONSIDER PRACTICING WITH YOUR CHILD:



Formulating an effective long-term plan to achieve a personal or future professional goal.



Evaluating strategies that assist with managing challenges or setbacks.



DINNER TABLE CONVERSATION STARTER

Discuss the importance of self-awareness and self-management in pursuing academic and employment goals after high school. How do these skills impact future opportunities?

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