

# 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.

#### 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.



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