

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 good citizenship. Discuss ways that volunteering provides benefits for the organization and the volunteers (for example, 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 but can also lead to scholarship opportunities 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 number of volunteer hours (or paid work hours) needed for each scholarship level.

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 FOR YOU AND 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 or continue:

- ✓ 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:

ASK YOUR CHILD

Ask your child to share a time when he or she encountered a challenge or a problem at school, work or home. Ask your child, "What are some strategies you have already tried? What other options have you not yet considered? What are 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.

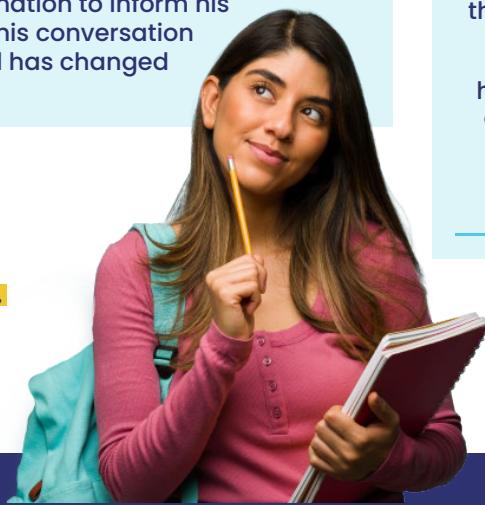


Discussing ways to anticipate, avoid or de-escalate conflicts.



ACTIVITY FOR YOU AND 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 others' thoughts, feeling and actions.

Teaching your child how to show empathy will help him or her build stronger relationships and contribute to a more positive environment.

In grades nine through twelve, children begin or continue:

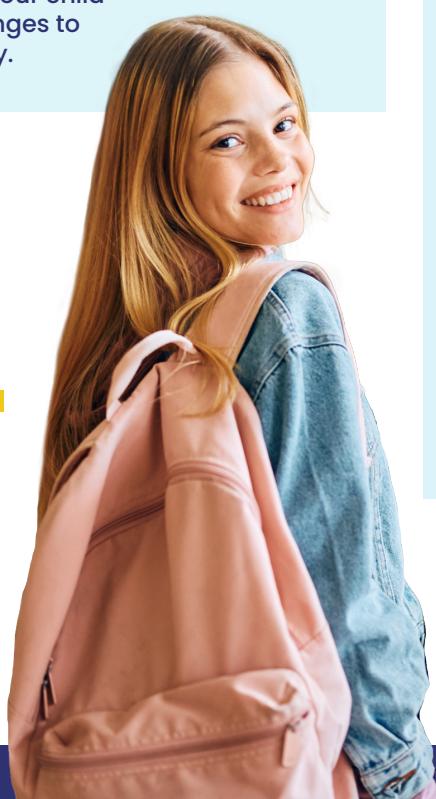
- ✓ Understanding how perspectives, circumstances and experiences affect others.
- ✓ Analyzing how actions and reactions can influence one to respond to different situations.
- ✓ Demonstrating effective and respectful communication skills and strategies.

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

PROVIDE AN EXAMPLE

Share with your child a time 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 FOR YOU AND 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.

Teaching your child to be grateful for what he or she has will help your child to focus on the positive aspects of life. Showing gratitude fosters kindness.

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 your workplace or community.

EXAMPLE

Teach your child to celebrate others' successes 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 toward someone.

EXAMPLE

Encourage your child to observe what someone needs and take action to meet that need, cook for his or her family, or write 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 ways he or she can show gratitude in the community (for example, exploring opportunities through volunteerflorida.org). Talk about the role gratitude plays in building professional relationships (for example, sending a personalized thank you note after a job interview can set you apart from the other applicants).

What is grit?

Grit means working consistently toward 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 or continue:

- 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:

ASK YOUR CHILD

Ask your child to describe a situation when he or she wanted to give up. What prevented him or her 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 HIM OR HER
UNDERSTAND THAT YOU
CAN ACCOMPLISH
ANYTHING WHEN YOU
WORK HARD.



SKILLS TO CONSIDER PRACTICING WITH YOUR CHILD:



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



Evaluating strategies that assist with managing challenges or setbacks.



DINNER TABLE CONVERSATION STARTER

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.

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 to your child about the importance of honesty when working as part of a group at school or in the workplace. Tell him or her that when you arrive on time, meet deadlines and are honest when mistakes happen, you are showing others you are an honest, dependable team member.

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 educational and career goals.

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

SKILLS TO CONSIDER PRACTICING WITH YOUR CHILD:



Demonstrating effective and respectful communication to combine honesty with kindness.



Analyzing how actions and reactions can make it challenging to practice honesty.



DINNER TABLE CONVERSATION STARTER

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

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 personal 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

When your child mentors others (for example, tutoring younger students or leading a club activity), he or she is building strong leadership skills. Discuss with your child leadership skills he or she currently exhibits and areas that he or she would like to show improvement.

HEAR FIRSTHAND FROM EXPERTS

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.

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

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.



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 developing the perseverance needed to achieve personal 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:

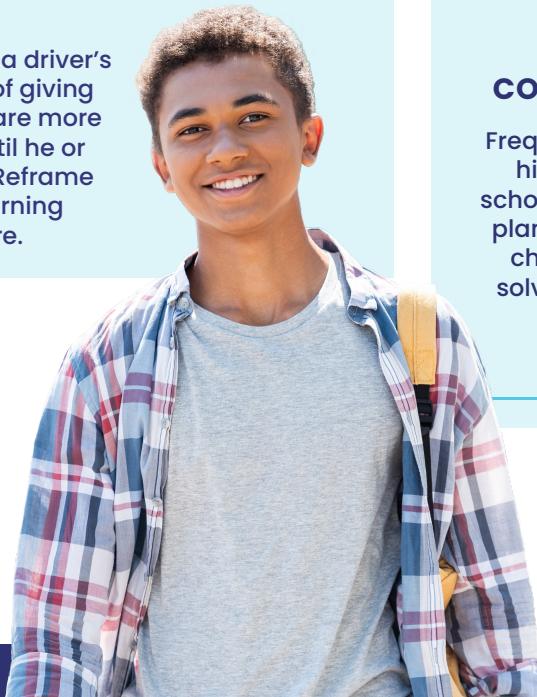
EXPLAIN THE IMPORTANCE OF BEING CHALLENGED

Explain to your child the importance of looking at challenges as temporary setbacks and not insurmountable obstacles.

EXAMPLE

If a teen does not pass a driver's license exam, instead of giving up, he or she can prepare more and continue trying until he or she passes 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 PERSONAL GOALS.



SKILLS TO CONSIDER PRACTICING WITH YOUR CHILD:



Evaluating strategies that assist with managing challenges or setbacks.



Formulating 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 developing responsibility by taking ownership of his or her actions and using good judgment when making choices.

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

Help your child identify and prepare for different responsibilities he or she may take on during high school (for example, learning how to drive, volunteering in the community, starting a job or registering to vote).

EXAMPLE

If your child is starting a job or volunteer work this year, sit with him or her to research what is available, identify what is required to apply, and determine how many hours he or she can work while also balancing other priorities in schools, extracurricular activities and friendships.

RESPONSIBLE DECISION-MAKING

Parent Resource

GRADES
9–12

What is responsible decision-making?

Responsible decision-making means thinking about all options and

Did you know? People make about 35,000 decisions EVERY DAY!

**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.

**Below are ways you can help your child learn,
practice and demonstrate responsible
decision-making:**

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.

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.

**SKILLS TO CONSIDER
PRACTICING WITH
YOUR CHILD:**



Considering different perspectives to inform decision-making.



Analyzing 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.

SELF-AWARENESS & SELF-MANAGEMENT

Parent Resource

GRADES
9–12

What is self-awareness and self-management?

Self-awareness and self-management means understanding and governing 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 or continue:

- ✓ 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:

PROVIDE 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, share a time 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 your child reflect on the process, his or her progress, and how self-awareness and self-management skills help with reaching these goals.

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

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?