

### 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.