

CAREGIVER RESOURCES

SELF-ESTEEM & RESPECT



Scan me!

YOUR CHILD IS LEARNING

- Understanding prejudice
- Creating safe & inclusive spaces
- Analysing media messaging
- Reflecting on the challenges of puberty
- Exploring personal strengths & values
- Understanding the importance of consent
- Boundary-setting & respecting others

DID YOU KNOW?

Your child is learning about how to think critically about social media.

Did you know that most teens struggle to think critically about what they view on social media? Social media is often used as a thinking “break” or time for relaxation for most teens; this is why they don’t initially engage in critical thinking when scrolling on Tik Tok or Instagram, and they can fall victim to false information. Encourage your child to always check the source, set digital boundaries, and not believe everything they read online.

FIVE TIPS TO REINFORCE THIS LEARNING (FOR STUDENTS)

1	2	3	4	5
Spend time as a family researching and discussing your family tree, culture, and traditions. What makes your family unique?	Family Discussion: What does a safe space to share thoughts and feelings, without judgment, look like to you? How can you create a safe space at home?	Journal Entry: What personal changes could you make to create a healthier relationship with social media?	Brainstorm a list of at least three positive role-models in your life. Why do you think it is important to have role-models?	Make a list of five statements that are indicators of consent (E.g., “Absolutely, yes!”). Make a list of five statements that are not indicators of consent (E.g., “Maybe”).