

CAREGIVER RESOURCES

PRESSURE, CONSENT & MAKING GOOD CHOICES



Scan me!

YOUR CHILD IS LEARNING

- Stress management
- Supporting a stressed peer
- Analysing social expectations & gender norms
- Practising skills to uphold consent
- Reflecting on personal values
- Making helpful career choices

DID YOU KNOW?

Your child is learning about making good choices.

Did you know a child's brain is not fully developed until their mid-20's? This means children inevitably make choices that could be considered irrational or unthoughtful. But, how can we encourage responsible decision-making? One of the best ways to promote good choices is to encourage your child to take time to self-reflect after making choices, regardless of if they are positive or negative choices. Your child will begin to directly connect their choices to the experienced consequences.

FIVE TIPS TO REINFORCE THIS LEARNING (FOR STUDENTS)

1	2	3	4	5
Brainstorm a list of stressors in your life (e.g., school, friendship challenges). Then, brainstorm a list of healthy ways to cope with your stress (e.g., writing in a journal, deep breaths, being	Family Discussion: Come up with a phrase that you would find most helpful when you feel stressed (e.g., I know you have a lot going on. Thinking of you.) Then, each family member will share their helpful phrase	Journal Entry: Brainstorm a list of some examples of the ways that other people's expectations can limit you in your daily life. How can you overcome this?	How do norms and stereotypes affect you? What can you do to help change those norms and stereotypes in our culture?	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., "I guess so").