

# CAREGIVER RESOURCES

## BULLYING & EMPOWERMENT

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### YOUR CHILD IS LEARNING

- Counteracting media messaging
- Choosing helpful thoughts
- Building empathy for others
- Understanding the benefits of honesty
- Speaking honestly with peers
- Building self-esteem

### DID YOU KNOW?

Your child is learning about building a strong sense of self.

Establishing a strong sense of self assists in personal decision-making and enhances courage. Three of the most effective ways for your child to build a strong sense of self is by identifying their personal values, utilising self-reflection strategies, and practising consistent positive self-talk (E.g., affirmations).

### FIVE TIPS TO REINFORCE THIS LEARNING (FOR STUDENTS)

1	2	3	4	5
As a family, discuss the unhelpful cultural messages you have been exposed to, and how they impact you (E.g., 'Money is the most important thing.').	Journal Entry: Write about a time you were hiding your feelings from others. Was there a negative outcome? Why is it helpful to share your true feelings?	Brainstorm a list of situations where an unhelpful negative thinking cycle may occur (E.g., bullying, failing a test, an argument with a friend).	Role-play a challenging situation you may face at school. Practise breaking your negative thinking cycle with a helpful positive thought.	Journal Entry: What does it mean to have a strong and grounded sense of self?