



Parent Support Sheet

Overview

We have created this support sheet to provide tools to help you relate with your child and to create a partnership with them. Partnering can help strengthen the relationship between you and your child and lead to better outcomes. For each session of the curriculum, we have provided suggestions of conversation starters to have with your children before, during, and after the myWorth program to promote deeper learning and connection.

You Matter: acknowledge your child's individual experiences with self-worth

- I get the feeling you've had a rough day. If you'd like to talk about it, I'd love to listen.
- Is there anything you would like to talk about?
- Tell me one thing you learned today; it doesn't even have to be related to school.

Cell Phones & Social Media: discuss effects, risks, and realities of social media

- Is there anything you saw on social media that you would like to talk about?
- How do you feel when you are on social media?
- Show me something cool or funny you saw recently on social media.

The Things We Do: recognize how we shouldn't feel pressured into being something other than ourselves

- Do you ever feel anxious? When on social media/in general?
- Is there something I can do to help you if you ever feel anxious or stressed?
- Have you recently felt pressured into anything? Have I put too much pressure on you?

Support and Empowerment: connect with your child to help them feel supported

- Remember, nobody is allowed to touch you in your private areas without your permission.
- Has anyone ever touched you in an uncomfortable way? Asked you to do something that made you uncomfortable?
- I'm ready to listen if there's anything you want to tell me. How can I help?

Conclusion

These are questions and conversation starters to help you facilitate meaningful and valuable discussions between you and your children. These talking points do not have to be exclusive to social media content. All these questions or talking points can be related to individual experiences. Our hope is for you to continue to be proactive in having these conversations with your children after the *myWorth* program. We all need help and support when it comes to protecting children. Remember, your first thought should be to listen to your child, to stay calm, and be compassionate. Allow them to speak openly and do not lead the conversation.