

Confidence is more than “feeling good”

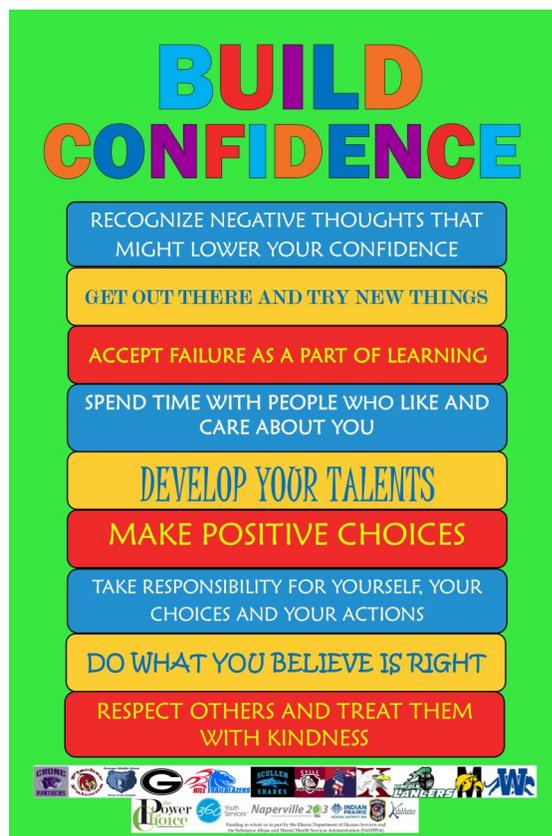
Confidence is a solid belief in one’s own abilities. It is understanding that your abilities or personal qualities are valuable. Confidence comes from building [competence](#) by experiencing successes and failures. When adolescents experience success after facing a challenge, they can develop confidence to try new things.

Our children need to know that we believe in their abilities and that we are proud of the effort they put forth to accomplish a goal. That doesn’t happen when we give them false praise. Our children are very smart, they can tell the difference between genuine praise and praise that is empty or without merit. Empty praise can actually inhibit our child’s ability to develop confidence. When parents offer praise that their child recognizes as inflated, they can actually believe that “my parents don’t think I can do it, so they are just trying to make me feel good.”

Confident people are not good at everything. They have a healthy and accurate understanding of their own abilities and traits and recognize that they are valuable. Confident individuals are more resilient and productive. They also accomplish more of the goals that they set for themselves and are less likely to be influenced by others to make unhealthy choices.

What does confidence look like? Confident adolescents (and adults) are comfortable, genuine, listen to others, positive, proud, calm, admit mistakes and work well on a team. We all want our children to develop that type of confidence, but how can we make that happen? Begin by reviewing the building blocks on the green poster you see on this page. It is being displayed in all of our 6-8th grade buildings this month, so your child has probably seen it. Talk about the ideas on each “block.” Ask your child what he/she thinks that means them. Try to find examples of each in your own life, your child’s life or even in the life of a favorite TV character.

Helping our children build confidence is an important step in helping them to become strong, independent adults.



BUILD CONFIDENCE

- RECOGNIZE NEGATIVE THOUGHTS THAT MIGHT LOWER YOUR CONFIDENCE
- GET OUT THERE AND TRY NEW THINGS
- ACCEPT FAILURE AS A PART OF LEARNING
- SPEND TIME WITH PEOPLE WHO LIKE AND CARE ABOUT YOU
- DEVELOP YOUR TALENTS
- MAKE POSITIVE CHOICES
- TAKE RESPONSIBILITY FOR YOURSELF, YOUR CHOICES AND YOUR ACTIONS
- DO WHAT YOU BELIEVE IS RIGHT
- RESPECT OTHERS AND TREAT THEM WITH KINDNESS

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Tech Tips for Parents: What the “app” is going on?

An “app” or application is a special type of software program that runs on phones, tablets, chromebooks and other mobile devices. Apps provide a faster, more efficient way to use your mobile device. Each app is identified by a specific icon on the screen of the device. Apps can be used for variety of things from listening to music to communicating discreetly with strangers. It is crucial for us to be aware of and understand all of the apps on our children’s devices. Remember, you own those devices and it is your responsibility to maintain your child’s safety when he/she is using them.

Take a few minutes to review these tips:

- ⇒ [Regularly check all devices and “try” each of the apps.](#) If you don’t know what an app is for or how it works, have your child demonstrate it for you.
- ⇒ Delete any apps that have potential for putting your child in a dangerous situation.
- ⇒ [Use parental controls and monitoring software.](#) This can protect your child from wandering into unknown territory.
- ⇒ [Keep current on app trends.](#) App developers are smart. It seems that as soon as parents learn about and delete apps that could be troublesome, a new danger crops up.
- ⇒ Use parental controls available through your [cell phone provider service.](#)

November Prevention Principle

Confidence develops security which promotes healthy coping skills.

Conversations that Count

Confidence is built when we experience successes as well as failures—the key component is the experience, not the outcome. We can only learn from the experience when we focus more on the efforts—the journey—than we do on the results.

Use this [PowerTalk](#) activity, [Enjoy the Journey—Culinary Conversations](#) to help your family learn to enjoy the journey while you create a tasty treat to share.