

BUILDING CONFIDENCE IN YOUR TEEN

From "I Can't" to "Here's What I Need!"

1: STRENGTHS SPOTLIGHT



Goal: Recognize strengths.

Task: Create a list of 2-3 things your child feels good at and 1 thing they want to improve.

2: DAILY GLOW & GROW



Goal: Normalize successes and learning.

Framework: Glow & Grow (Successes vs. Learning), Rose & Thorn, or Sunny & Cloudy. Ask daily.

3: CHALLENGE MAPPING



Goal: Problem-solve challenges.

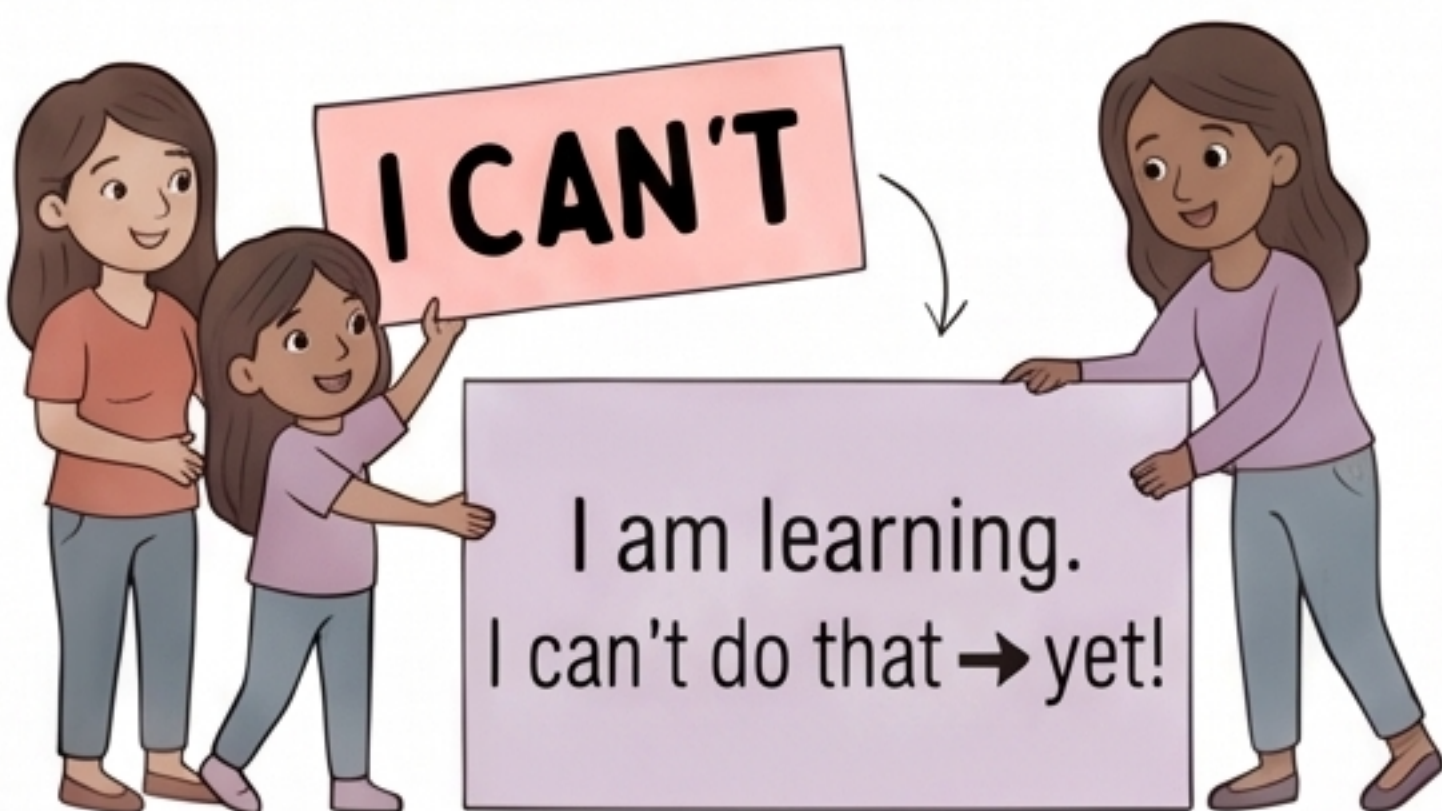
Task: Make a 3-column chart: Challenge, Tools that help, and Who can help.

4: PRACTICE ASKING FOR HELP



Goal: Encourage self-advocacy.

Task: Teach scripts: "Can you explain that another way?" or "I need more time." Roleplay scenarios.



5: REFRAMING THE NARRATIVE

Goal: Shift from fixed to growth mindset.

Task: Help your child add "Yet" to negative statements. Model positive reframing.

**EMPOWERING YOUR TEEN,
ONE STEP AT A TIME.**