

Life

Skills Training

Promoting Health and Personal Development

Dear Family:

Our class is studying self-esteem. Students learned that realistic goal-setting can help them boost their self-esteem. The class talked about the difference between long and short-term goals. Students had the opportunity to identify and discuss goals they hold for themselves.

One of the factors that can protect a child against tobacco and alcohol use is high self-esteem. Setting and achieving realistic goals is one way to improve your child's self-esteem. You can help your child improve his/her self-esteem by encouraging realistic goal-setting at home. Encourage your child to set realistic short and long-term academic goals and then notice and compliment him/her when those goals are met. Growing from childhood to puberty can be frustrating for your child. Helping your child set realistic goals can help counter those feelings of frustration.

The family might want to work together on setting short and long-term goals. For instance, save enough money to take a vacation, a long weekend, or even a day-trip together. The whole family can talk about ways to save money each week. Many families are already participating in activities like the ones suggested above. Keep up the good work!

Sincerely,