

5 PHRASES CHILDREN CAN USE TO STAND UP FOR THEMSELVES

YOU WANT TO PROTECT YOUR CHILD. BUT WHAT HAPPENS WHEN YOU AREN'T AROUND TO HELP? GIVE THEM WORDS TO STICK UP FOR THEMSELVES EARLY ON.



1 "I KNOW YOUR WORDS ARE MEANT TO UPSET ME. I WILL NOT LET THEM."

♥ YOUR CHILD WILL DEMONSTRATE:

- ◇ They understand the other person's intent and calling them out on it.
- ◇ They are choosing not to spend energy on defending themselves.

2 "I DON'T LIKE BEING CALLED THAT. I WANT YOU TO CALL ME BY MY NAME."

♥ YOUR CHILD WILL DEMONSTRATE:

- ◇ They are expecting others to be respectful.
- ◇ They will not tolerate verbal abuse.

3 "I DID NOT HAVE CONTROL OVER THAT. IT'S NOT OKAY TO BLAME ME."

♥ YOUR CHILD WILL DEMONSTRATE:

- ◇ They will not allow themselves to be the scapegoat.
- ◇ They are expecting others to be equally accountable for their choices.
- ◇ They are acknowledging what is within and outside of their control.

4 "I UNDERSTAND THAT YOU ARE UNHAPPY. I DON'T DESERVE TO BE TREATED LIKE THIS."

♥ YOUR CHILD WILL DEMONSTRATE:

- ◇ They are being a self-advocate.
- ◇ They are establishing behaviors that are acceptable within the relationship.
- ◇ They are being calm and polite.

5 "THAT'S NOT SAFE. I'M GETTING SOMEONE TO HELP."

♥ YOUR CHILD WILL DEMONSTRATE:

- ◇ They aren't afraid to ask for help.
- ◇ They know that safety is the priority.

YOUR GOAL IS NOT TO INSULATE YOUR CHILD BUT TO HELP THEM DEVELOP THE AWARENESS AND SKILLS TO PROTECT THEMSELVES WHEN NECESSARY. AND IF THEY USE THESE PHRASES IN A FUTURE ARGUMENT WITH YOU, THEN CONGRATS - YOU KNOW YOU'VE DONE YOUR JOB WELL!

Mindset is everything. Teach it early.

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"My child is having a few issues with resilience and frustrations that he only demonstrates at home and this tool kit has been a massive help for me to find him ways to cope with negative self-talk and to build resilience and confidence."

- Natalie R.

★★★★★

Get Resilience Kit



"I can't say enough about this amazing kit. How it is laid out for parents/teachers is amazing. The explanations are extraordinarily useful. I really appreciate the tips on how to address negative self-talk which one of my littles has struggled with."

- Rebecca C.

★★★★★

Get Confidence Kit



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