

### **Additional Material Discussed during 7<sup>th</sup> Grade Puberty Education**

**How do I stay Confident and Healthy?** – There's a lot of changes happening to your brain also. While developing new, stronger emotions these changes can affect your confidence. Your brain is like a muscle, so you need to exercise it. Each time you take on challenges and practice overcoming them your brain gets stronger, and so do your skills. Having a Growth Mindset is the belief your mind can grow and change with practice. Examples include:

- Challenging Yourself - Embrace Challenges
- Facing Criticism - Learn from feedback
- Making an Effort - See effort as a key to success
- Overcoming Obstacles – A misstep is a step forward
- When others Succeed – Find inspiration in their performance

**How do I take positive risks?** –

- Don't be afraid to fail – Use it as an opportunity to learn, grow and keep going
- Try again, and again, and again – Know that sometimes you must keep trying new ways to get better
- Remind yourself of all the things you've achieved – It can help you feel positive when you feel you can't do something
- Break big things down – Make it smaller and into more manageable steps
- We all have strengths – Focus on yours, this will help you become more confident and give you energy

**How do I make good decisions?** – At times it can be difficult to know what to think and how to act. Learning to make the right decision for you is an important part of growing up.

IDEAL Solution Building

- I - Identify the problem
- D – Describe all the ways you might solve the problem
- E – Evaluate all the possible solutions
- A – Act on one of the solutions and try it out
- L – Learn if your solution solved the problem effectively