

## Be Their Hero

I Look back through the rear-view mirror and looking at the road ahead.

- A) I see both sides of the coin some things are better some are not as good.
- B) Are kids different today? Yes and no
- C) Less problems that we encountered.
- D) Less sleep, less school, smoking less, drinking less.
- E) So, what's replaced these, more trauma, more negative influences, more parents that should never have been parents.

II What is different about kids today?

- A) Over parenting versus Under parenting
- B) Much poorer emotional health
- C) The invisible backpack and trauma factor
- D) Depression rate suicide rate substance use rate.
- E) One in three girls One in five boys
- 1 One in four domestic violence
- 2 One in three family addiction
- F) Mentally growing up slower puberty quicker
- G) 50 per cent before age 14, average use starting age, sleep rate Anxiety rate.

III What we do know about kids that works.

- A) Building relationships
- B) Educating parents
- C) They all seek approval.
- D) Equal amounts of manure and sugar is necessary for all kids to learn.
- E) Know the kids why.
- F) The value of a safe environment
- G) Some kids have a different lock.
- H) No matter how well you coach.
- I) Teaching adversity is opportunity.
- J) Speaking from compassion as much as authority
- K) Teach how to overcome as much as how to succeed.
- L) It's possible to run perfect race and lose
- M) It's ok to not be ok.
- N) Teaching it's ok to not be ok.
- O) Listen more than lecture it's easier to build strong children then repair broken adults.

IV Building Emotional Resilience

- A) Do not rush to solve issues.
- B) Acknowledge our own mistakes.
- C) Praise effort
- D) Don't dwell on the past.
  - 1. No sympathy busses.
- E) Take calculated risks.
- F) Taking negatives making them positive

V Grit factor and how it helps.

A Fragile perfect issue in high achieving kids

B Convenient Commitment generation

C Comfort Zone learning

VI Stories of grit and resilience

A) Lightning strikes

B) Terminal diagnosis

C) The middle schooler

D) The 15 year no problem is too bad or permanent