

# Start Smart Stay Safe

Strengths-based educational resources utilized by police officers, teachers, and schools to build resiliency and capacity in children, their families and in their communities through the development of:

- Personal strengths
- Systems of support
- Critical and creative thinking skills
- Healthy peer relationships
- Understanding and respect for the strengths and diversity within groups
- Peaceful conflict resolution skills



Level 4



Calgary Board of Education



CALGARY CATHOLIC SCHOOL DISTRICT



MOUNT ROYAL UNIVERSITY 1910

## What does Self-Awareness, Significance, Service, and Success look like in your family?

The full version of the parent resource book is available!

**Full Resource Package Includes:**

- **Start Smart Stay Safe** detailed information
- Activities and opportunities to strengthen your child's development and enrich family communication and relationships. You are the experts in your family!
- Family resources, information tools, and websites

You are the experts in your family!

Please Visit:

[www.startsmartstaysafe.ca](http://www.startsmartstaysafe.ca)

For more information please contact:

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Self-Awareness

I can make choices that affect my life.

### Development Age 8 to 12

- Need some privacy at home.
- Friendships become important – mostly same sex.
- Increasing preferences for school subjects.
- Can become self-conscious with changes in body.
- Begin to think about future plans and interests.
- Able to learn from mistakes and formulate solutions.
- Understand need to accept responsibility for one's actions.

### Activities to Enhance Self-Awareness

**Give Tools:** Discuss with your child situations where he or she may need to say no. (i.e.: someone offering drugs). Talk about the consequences of different responses. These discussions will help your child become more aware of the outcomes of his or her decisions.

*What are some of the special gifts you share as a family?*

## Significance

I am loved,  
I belong &  
I matter.

### Development Age 8 to 12

- Strong need to feel accepted.
- Do not like comparison with others.
- Can become self-conscious with changes in their bodies.
- Forming personal beliefs.
- Look to adults for approval.
- Increased participation in group activities.
- May begin spending more time with peers than family.
- Recognize honesty and loyalty as traits of good friendship.

### Activities to Enhance Significance

**Friends and Supports:** Talk to your child about the universal truths of friendship: trust, listening and caring, having someone who will stand up for you, respect, someone you are able to have fun with, who you are able to be yourself with. These friendships will help your child feel a positive sense of belonging, even as his or her independence increases.

*Each family member brings something wonderful to the family they belong to.*

## Success

I can set goals for  
myself & achieve  
them.

### Development Age 8 to 12

- Improve physical skills that have already developed.
- Increased memory allows for automatic completion of tasks.
- Often surprised at what they can accomplish.
- Do not like comparisons with others.
- Like to be in planned activities.
- Develop detailed lists and plans.
- Increased attention span allows for completing larger tasks.

### Activities to Enhance Success

**Goal Setting:** Help your child set goals for the near future. Set short term goals that can be accomplished in a week, two weeks or in a month. Small goals could then lead to big goals (appreciate the process and little steps and accomplishments along the way). Check out:  
[www.goalsettingactivities4kids.com](http://www.goalsettingactivities4kids.com)

*Each family is unique and has its own strengths and abilities.*

## Service

I have  
something to  
offer others.

### Development Age 8 to 12

- Can transfer information from one situation to use in the future,
- Become more creative in play.
- Discover the benefits of making others happy.
- Use more effective listening skills.
- Develop a more global understanding, interested in other cultures.
- May enjoy animals and offer to care for pets.

### Activities to Enhance Service

**Volunteer:** Engage in volunteer opportunities in the community with your child (i.e.: shoveling someone's sidewalk). Taking part in opportunities to help others will not only teach your child responsibility, but will also contribute to the good feelings that come from supporting others.

*What does service mean to you and your family?*