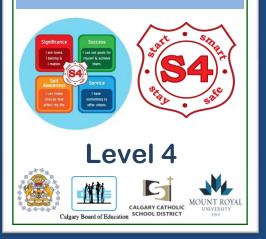
Start Smart Stay Safe

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



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

For more information please contact: Kristen Duke, Family Project Coordinator kduke@mtroyal.ca

Self-Awareness

I can make choices that affect my life.

Development Age 8 to 12

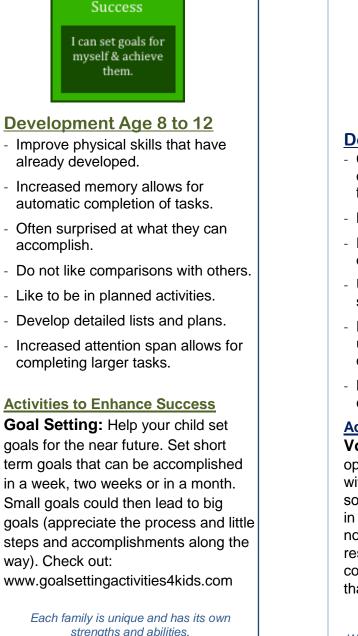
- Need some privacy at home.
- Friendships become important mostly same sex.
- Increasing preferences for school subjects.
- Can become self-conscious with changes in body.
- Begin to think about future plans and interests.
- Able to learn from mistakes and formulate solutions.
- Understand need to accept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





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?