24% of 11th graders in the Beach Cities reported missing school due to not getting enough sleep in the past 30 days.

11th graders in the Beach Cities reported spending an average of 8 hours on extracurricular activities during the weekdays.

You’re the most important influence in your child’s life. Whatever “it” is, have the talk.

Find tips at bchd.org/talk.
Tips to Talk About It

In a culture of instant gratification, it’s important to build grit, the combination of passion and perseverance to achieve long-term goals. Talk to your child about resilience and grit.

Always keep conversations open and honest

Come from a place of love, even when you’re having tough conversations

Provide positive reinforcement

It’s never too early – or too late – to start the conversation

Top five tips to help your child grow their resilience and grit:

1. Allow your child to pursue their own interests and explore their passion.
2. Starting at an early age, let your child try things on their own. Only step in when you see they need help.
3. Give positive feedback on actions that your child has control over, like hard work.
4. Instill a growth mindset – the belief that the ability to learn can change, with effort.
5. Be a resilient, positive role model. Try new things and talk about how you overcome challenging situations.

Have the talk.
Find tips at bchd.org/talk.

For parenting resources, blogs and videos, go to southbayfamiliesconnected.org

Information sourced from:
California Healthy Kids Survey, 2017-18
Challenge Success Report, Mira Costa High School and Redondo Union High School, 2016-2018
“Grit: The Power of Passion and Perseverance” by Angela Duckworth
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