Cyberbullying.
Stress.
Vaping.
Resilience.

Talk About It.
Alcohol.
Empathy.
Anxiety.
Purpose.

Empathy

66% of 5th graders in the Beach Cities reported feeling highly connected to school.

32% of 11th graders in the Beach Cities reported being harassed due to race, ethnicity, national origin, gender, sexual orientation, disability or immigration status in the past 12 months.

You’re the most important influence in your child’s life.

Whatever “it” is, have the talk.
Find tips at bchd.org/talk.

Beach Cities Partnership For Youth
Tips to Talk About It

Learning empathy and understanding how another person feels from their point of view is essential for creating an inclusive environment. Talk to your child about empathy.

- 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 develop empathy:

1. Practice and model good listening as the foundation of showing empathy.
2. Encourage your child to sit next to someone they don’t know during lunch or recess.
3. Keep communication lines open, even if your child says something embarrassing or insensitive.
4. Highlight similarities instead of differences to bridge divides.
5. Practice daily acts of kindness and inspire your child to do so, too.

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
Psychology Today
Family Education