
Talk About It.


Purpose

49% of Beach Cities 11th graders report that they “do school” – they work hard, but they rarely find their schoolwork interesting, fun or valuable.

Almost a third of college students change their major at least once within three years.

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

Purpose is the motivating force behind everything you do – it’s your way to contribute to society in a meaningful way. Talk to your child about purpose.

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 purpose:

1. Expose your child to different and stimulating environments. It will enhance their creativity and increase their awareness of their own gifts.
2. Encourage your child to explore their passions by finding clubs or structured school activities that connect with their broader interests.
3. Create opportunities to discuss the things that matter most, especially the values they want to live by.
4. Support your child as they recognize and exercise their strengths, so they are better equipped to meet life’s challenges. This can build confidence and self-esteem, increase happiness and reduce depression.
5. Promote independence so they can better explore their ideas.

Have the talk.
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For parenting resources, blogs and videos, go to familiesconnected.org