

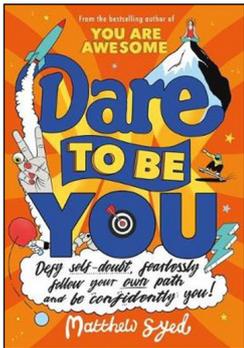
PiXL Change Makers

Information for parents and carers



I just want to be 'normal'

The pressure



Young people often just want to 'be normal'. 'Dare to be You' makes it clear that 'normal' does not exist. All of us are different and have different things to bring. We explain that copying someone else's opinions, dress sense or attitudes when they are not your own, is quite unhelpful. We want young people to understand who they are, what they think and believe and to be able to express that.

Kid Doubt



The book talks about 'Kid Doubt' and how he/she speaks negativity into your mind. 'Kid Doubt' will often say 'you can't do that' or 'you're not good enough' or 'copy them and then people will think you are cool'. We explore how young people can silence the negative voice of 'Kid Doubt' and be confident to be comfortable in their own

Kindness



For young people, the process of discovering who you are and what you think, and then daring to be your real self, can be daunting. We encourage them to be kind to themselves, as well as to each other. We ask them to embrace their own differences and the differences of others. Sometimes, we don't always treat other people as we would wish to be treated. Kindness is key and we explore how important that is.

The workbook that comes with PiXL Change Makers will generate some reflection that your child may be happy to discuss with you.

How you can help:

- Encourage your child to be kind to themselves – would it be kind to yourself to go to bed earlier? To step away from that screen? To have a healthy snack?
- Encourage them to embrace their own difference, as well as other peoples' differences. Point out how difference can be a strength: 'isn't it great they think differently because...'. Perhaps you can use examples from work where different opinions meant the result was better.
- Speak positively about them and ask them to do the same about themselves – 'I really like it when you...'. 'I have noticed that you are very good at ...'.

