

**Back to the Classroom**  
Core Curriculum Support Program



Module 7  
Table Talks

# Table Talks

## Parent Resource





**September 2017**

**Self-Worth, Social Responsibility, and Suicide Prevention**

	Words of the Day	Leadership Tip of the Day	Table Talks
<b>Mon</b>			
<b>Tue</b>			
<b>Wed</b>			
<b>Thur</b>			
<b>Fri 1</b>	<b>Self-Worth</b> respect for, or a favorable opinion of oneself	<b>Be crystal clear about what you want to achieve for the team that you lead.</b>	<p>AND NOW! Back to the Classroom: What sorts of things do you do that makes you feel respectable? Doing honorable things is a great way to earn respect and add to self-worth. So, whenever you are feeling down or feeling low on self-worth, remember that it might be a good time for a random act of kindness. Making others smile makes your heart smile. <b>STAY IN YOUR LANE.</b></p> <p><b>PARENT NOTE:</b> How about you guys talk about your family's value system. Where does your family put their worth? Discuss the added self-worth that comes with their ability to contribute to the society and becoming a community resource. Having this conversation will give them a sense of purpose and help them in their formulation of goals.</p>



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<b>Mon</b> <b>4</b>	<b>Worthy</b> deserving of esteem, respect, or merit	<b>Know what you do well and where you do not perform so well.</b>	<p>AND NOW! Back to the Classroom: We should always consider if an activity or practice is worthy of our time. Not every option is a good option. Be smart and weigh the consequences of everything you allow in your life. STAY IN YOUR LANE.</p> <p><b>PARENT NOTE:</b> Discuss the power that lies in our ability to critically think and discern situations.</p>
<b>Tue</b> <b>5</b>	<b>Self</b> The definition of self is the total, essential, or being of a person	<b>Keep thinking about ways of doing things better.</b>	<p>AND NOW! Back to the Classroom: Do you know who you are? Do you know how to become who you want to be? Take the time to get to know the things you like and your strengths. Decide where you want to make a difference in this world! STAY IN YOUR LANE.</p> <p><b>PARENT NOTE:</b> Help your child formulate a list of short and long-term goals. Goal setting is probably one of the best ways to instill hope in the lives of our children.</p>
<b>Wed</b> <b>6</b>	<b>Confidence</b> belief in the effectiveness of one's own abilities or the favorable acceptance by others	<b>Take responsibility when things go wrong.</b>	<p>AND NOW! Back to the Classroom: One of the biggest characteristics of self-worth is finding comfort in who you are while becoming the best version of yourself. Have confidence in your ability to grow and achieve. STAY IN YOUR LANE.</p> <p><b>PARENT NOTE:</b> Review all the times your child did things that made you proud. Give them a foundation of to grow on. Explain how knowing your self-worth is important to your confidence!</p>
<b>Thur</b> <b>7</b>	<b>Inner Voice</b> is an integrated pattern of thoughts toward ourselves and others.	<b>Set standards around what are acceptable and unacceptable behaviors and make sure everyone understands and follows the standards.</b>	<p>AND NOW! Back to the Classroom: What you tell yourself inside your head almost always becomes reality. So, if you tell yourself that you can't, then you probably won't. If you tell yourself you can, the possibilities are limitless. Negative speech works against positive growth. STAY IN YOUR LANE.</p> <p><b>PARENT NOTE:</b> Time to talk hobbies. Find out if your child has some community interest or sports interest. Maybe they are curious about a new hobby and haven't had the chance to express an interest. <b>SUGGESTION:</b> Take a trip to the library to see if there are nay club posting that might be of interest.</p>
<b>Fri</b> <b>8</b>	<b>Thought Process</b> is the process of using your mind to consider something carefully	<b>Be a role model.</b>	<p>AND NOW! Back to the Classroom: If your thoughts are continuously in a negative manner, only you can change it. It takes 21 days to break a habit. Think in a positive way for 21 days and the days that follow will feel better than the ones you are living today. STAY IN YOUR LANE.</p> <p><b>PARENT NOTE:</b> Take the 21 day positive thoughts challenge with your child. Some homes have a swear jar that you put a quarter in for each swear. Maybe you can hand out extra chores for any negative statements. Worst case scenario, the house will be super clean and 90 days of positivity practice.</p>



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	<b>Words of the Day</b>	<b>Leadership Tip of the Day</b>	<b>Table Talks</b>
<b>Mon</b> <b>11</b>	<b>Believe</b> to have confidence in the truth, the existence, or the reliability of something without absolute proof	<b>Praise others when success is achieved.</b>	<p>AND NOW! Back to the Classroom: Do you believe in yourself? Are you shaky about your capabilities? Do you constantly rely on affirmation from others about what you can or cannot do? Sometimes people will ignite your passion for achievement by believing, championing and supporting you. <b>STAY IN YOUR LANE.</b></p> <p><b>PARENT NOTE:</b> Let your child know that you are their #1 fan. Parents can become the face of doubt or belief depending on their level of encouragement. Be a supporter.</p>
<b>Tue</b> <b>12</b>	<b>Optimism</b> a disposition or tendency to look on the more favorable side of events or conditions and to expect the most favorable outcome	<b>Get a basic level of knowledge in all key business areas.</b>	<p>AND NOW! Back to the Classroom: Being optimistic when it comes to life and its challenges only makes it easier for you. The mind is an amazing tool and can help you achieve greatness, when used properly. Become aware of what your mind can offer you. <b>STAY IN YOUR LANE.</b></p> <p><b>PARENT NOTE:</b> Share a story with your child of a time that brains prevailed over brawn in your life. Discuss the differences between working hard and working smart.</p>
<b>Wed</b> <b>13</b>	<b>Passion</b> a strong affection or enthusiasm for an object, person or concept	<b>Learn to listen.</b>	<p>AND NOW! Back to the Classroom: Passion will move you beyond fear, beyond your shortcomings and beyond your failures. Stay the course. <b>STAY IN YOUR LANE.</b></p> <p><b>PARENT NOTE:</b> Observe your child to see if there might be something they are innately good at. There are so many hidden talents in every child waiting to be discovered. Teach them to find what they are passionate about and have them move on it.</p>
<b>Thur</b> <b>14</b>	<b>Reflect</b> to express carefully considered thoughts and think seriously	<b>Don't ask others to do what you are not willing to do.</b>	<p>AND NOW! Back to the Classroom: Memories are like reflections. They hold our experiences, both good and bad. Grow from your good memories and learn from the bad ones. <b>STAY IN YOUR LANE.</b></p> <p><b>PARENT NOTE:</b> Every experience can be a good lesson. It can either be a lesson of what to do or what NOT to do. Teach your child about the importance of knowing the difference.</p>
<b>Fri</b> <b>15</b>	<b>Success</b> is the favorable outcome of something attempted	<b>Build a great team around you.</b>	<p>AND NOW! Success means having the courage, the determination and the will to become the person you believe you meant to be. <b>STAY IN YOUR LANE.</b></p> <p><b>PARENT NOTE:</b> Patience is not attribute that comes easy to most youth. Sometimes we must show them the value to be found in the smallest of steps.</p>



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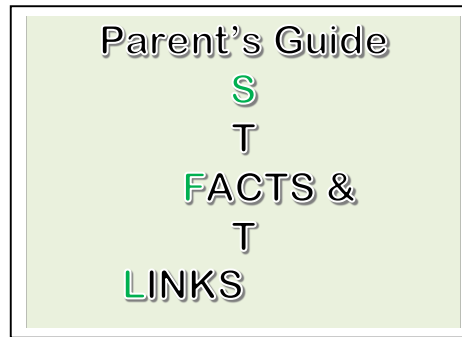
	Words of the Day	Leadership Tip of the Day	Table Talks
<b>Mon</b>  <b>18</b>	<p><b>Listen</b> is to try to hear something; to pay attention; heed</p>	<p><b>Encourage others to take balanced risks.</b></p>	<p>AND NOW! Back to the Classroom: Do you understand the difference between listening and hearing? Hearing just means that something is making noises and you catch it. Listening is knowing what has been said and understanding it. Learn to listen. <b>STAY IN YOUR LANE.</b></p> <p><b>PARENT NOTE:</b> The best way to teach your child to listen is to listen to them. Model good listening skills and when you want to be heard, remind them of the times you listened and waited for them to finish speaking.</p>
<b>Tue</b>  <b>19</b>	<p><b>Limits</b> the point, edge, or line beyond which something ends, may not go or is not allowed</p>	<p><b>Help people learn from their mistakes.</b></p>	<p>AND NOW! Back to the Classroom: Setting limits on your time is a real skill. Time management helps us to keep our priorities a priority. Set limits and set goals. <b>STAY IN YOUR LANE.</b></p> <p><b>PARENT NOTE:</b> Today would be a good day to come up with a chore/homework schedule. Children who have structured lifestyles perform better in school and life in general. As a plus, structured schedules also highlight the amount of free time that is available.</p>
<b>Wed</b>  <b>20</b>	<p><b>Grateful</b> appreciative of benefits received; thankful; expressing gratitude</p>	<p><b>Learn from your own mistakes.</b></p>	<p>AND NOW! Back to the Classroom: What are you grateful for? Learn to be grateful for the things you have. Be grateful if you are the kind of person that needs very little to be satisfied. Easily satisfied people get to enjoy life a lot more. <b>STAY IN YOUR LANE.</b></p> <p><b>PARENT NOTE:</b> Explain to your child the difference between desires and needs. Satisfaction should be achieved when needs are met. Sadly, some people are not satisfied when their needs are met because they have attached satisfaction to their desires and habits instead.</p>
<b>Thur</b>  <b>21</b>	<p><b>Achieve</b> to gain with effort or despite difficulty</p>	<p><b>Never fall into trap of thinking you don't need to continue to develop.</b></p>	<p>AND NOW! Back to the Classroom: It's such a good feeling to achieve the things you work so hard for. Take the time to write down a few goals today. Remember: Dreams are goals that haven't been written down yet. <b>STAY IN YOUR LANE.</b></p> <p><b>PARENT NOTE:</b> If you child has a written list of goals, today would be a good time to add dates to those goals. Dating goals causes us to consider whether the goal is attainable in a reasonable timeframe. It also prompts us to stay on task.</p>
<b>Fri</b>  <b>22</b>	<p><b>Enthusiasm</b> a great excitement for or interest in a subject or cause</p>	<p><b>Do not micromanage.</b></p>	<p>AND NOW! Back to the Classroom: What do you do when you feel like you just can't get going? Enthusiasm can be the jumpstart needed to get us out of a funk. It helps us to keep our spirits up and positive when working on task. Negative energy puts the brakes on progress. Be enthusiastic! Be positive! <b>STAY IN YOUR LANE.</b></p> <p><b>PARENT NOTE:</b> Enthusiasm expends a bit more energy than a regular drive. Be sure that your child is enthusiastic about something positive. It is a great thing for a child to spend their high-energy hours on positive moments, causes, charities and purposeful work.</p>



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<b>Mon</b> <b>25</b>	<b>Persistence</b> is the state or quality of being insistent	<b>Empower people to deliver results.</b>	<p>AND NOW! Back to the Classroom: What do you know about persistence? Persistence is an attribute we should apply to things we feel are worthy of our relentless pursuit. We must be mindful not to persistently pursue foolishness. Persistence might be best applied to goals that have potential to benefit more than just yourself. <b>STAY IN YOUR LANE.</b></p> <p><b>PARENT NOTE:</b> Persistence is another high-energy attribute. It is for this reason you should encourage your child to assign persistence to things that are meaningful. Ask your child which things are worthy of persistence. This answer will tell you a lot about their value system.</p>
<b>Tue</b> <b>26</b>	<b>Determination</b> a firmness of purpose or resolve	<b>Tackle poor performance.</b>	<p>AND NOW! Back to the Classroom: The strength of your determination depends on how badly you want to achieve something. Determination will keep your mind strong and focused on the task before you. Be determined to do your best in every class you go to today. <b>STAY IN YOUR LANE.</b></p> <p><b>PARENT NOTE:</b> Can you think of something that your child did not do as well as they'd hoped? Revisit that goal with them and see if they are better fit for the challenge now that some time has passed. Let them experience a lesson in determination.</p>
<b>Wed</b> <b>27</b>	<b>Discourage</b> to deprive of confidence, hope, or spirit	<b>Keep people informed.</b>	<p>AND NOW! Back to the Classroom: We should not be discouraged when our goal is not achieved at the exact moment we would like. Sometimes we should combat discouragement with patience. We need to have patience because not all things can happen on our time. Also, if you ever feel discouraged or depressed, talk to your guidance counselor. They are here to help. <b>STAY IN YOUR LANE.</b></p> <p><b>PARENT NOTE:</b> Share a story of a time you felt discouraged. We must remember that a child's view of time is much different than an adult view. A goal set for four years off, could seem like an eternity to a 12-year-old. Talk about the important of building a quality plan now that can lead them toward their far-off goals.</p>
<b>Thur</b> <b>28</b>	<b>Lesson</b> an exercise in which something is to be learned	<b>Don't pretend to know it all.</b>	<p>AND NOW! Back to the Classroom: Have you learned your lesson? We all know that our teachers have lesson plans and they teach us lessons. But did you know that every time we interact with someone our mind counts it as a lesson. Lessons are learned from each experience in your life. They are also things that are taught to you from experiences others may have had. Life is just one big lesson plan so pay attention. <b>STAY IN YOUR LANE.</b></p> <p><b>PARENT NOTE:</b> Ask your child to share the lessons that life has taught them. If they haven't begun Journaling, encourage them to start writing down their thought. How fun is it to learn lessons from your younger self through the pages of your own journal.</p>
<b>Fri</b> <b>29</b>	<b>Give Up</b> to relinquish or resign from; to surrender	<b>Help people work out solutions to problems.</b>	<p>AND NOW! Back to the Classroom: Determination is a great attribute when applied to situations that have positive outcome potential. However, sometimes we need to know when it's time to give up. Remember, there is always more than one way to reach a goal. So, giving up is not always giving up. Sometimes it's just time to try another path. So, if you find yourself in a good situation and are still unhappy, work to find the cause of your unhappiness. However, if you are a situation that has little potential for happiness, it might be time to choose another path. <b>STAY IN YOUR LANE.</b></p> <p><b>PARENT NOTE:</b> Talk to your child about discerning when difficult situations warrant determination and when they should be left alone.</p>



## September

### Helping Your Teen Cope with Experiences

The processes of perception routinely alter what humans see. When people view something with a preconceived concept about it, they tend to take those concepts and see them whether they are there. This problem stems from the fact that humans are unable to understand new information, without the inherent bias of their previous knowledge.

A person's knowledge creates his or her reality as much as the truth, because the human mind can only contemplate that to which it has been exposed. When objects are viewed without understanding, the mind will try to reach for something that it already recognizes, to process what it is viewing. That which most closely relates to the unfamiliar from our past experiences, makes up what we see when we look at things that we don't comprehend. Clearly our culture plays a part here, as does our history and experience with others (Perception Checking).

- Discuss with your teen experiences that have left a lasting feeling.
- Discuss with your teens ways to cope with these feelings.

For more information: <http://www.creducation.org>

### Thousands of Teens Commit Suicide Each Year in the United States

In fact, suicide is the third leading cause of death for 15- to 24-year-olds (Teen Suicide Statistics).

#### Practice self-esteem boosters with your teen:

- Set Boundaries and Expect Them to Follow Rules
- Be Generous with Praise
- Encourage Decision-Making and Opinions
- Stay Connected with All Forms of Communication
- Be Supportive During a Conflict
- Criticize Constructively
- Encourage Their Individual Talents

#### Top 10 Reasons Teenagers Commit Suicide

- Bullying and Peer Pressure
- Mental Disorders
- Sexual Orientation
- Domestic Abuse
- Drug and Alcohol Abuse
- Divorce
- Emotional Neglect
- Sexual Abuse
- Cyber Bullying
- Stress

Be aware of the risks

For more information:

<https://www.healthychildren.org>

<http://www.quickanddirtytips.com>

<http://listcrux.co/top-10-reasons-teenagers-commit-suicide/>

## The Importance of Obtaining a High School Diploma

Statistics show that more than 60% of job opportunities in the skilled labor force require a high school diploma. Receiving a high school diploma enables someone to pursue a higher education, albeit it vocational school, trade programs, a certified work-program and/or college.

A high school diploma is simply the doorway to even more available long-term career opportunities and enables students to take many interesting vocational and elective courses, allowing him/her to decide what type of studies and/or future career may be of interest.

A high school diploma typically allows graduates to enter the workforce in positions that are more than simply entry-level, but also offer higher-paying opportunities. Obtaining a high school diploma shows employers that most graduates have deductive-reasoning and problem-solving skills.

Studies show that students who graduate from high school feel more confident in pursuing a career and are proud of their achievements.

When someone graduates from high school there is a sense of finality and accomplishment that accompanies it. All the years of studying, test taking and working towards a goal to ensure a successful future culminate in an achievement that is celebrated. High school graduates are positive role models! Whether someone wants to be a positive role model for society in general, his or her younger siblings and younger cousins or a child, obtaining a high school diploma is an honored achievement

- Discuss with your teen his/her plans for the future.
- Help your teen set goals.

For more information: [http://www.theamericanacademy.com/blog/why\\_a\\_high\\_school\\_diploma\\_is\\_important](http://www.theamericanacademy.com/blog/why_a_high_school_diploma_is_important)

## Red Ribbon Week Awareness

80 million people participate in Red Ribbon events each year. The National Family Partnership organized the first Nationwide Red Ribbon Campaign. NFP provides drug awareness by sponsoring the annual National Red Ribbon Campaign™.

Since its beginning in 1985, the Red Ribbon has touched the lives of millions of people around the world. In response to the murder of DEA Agent Enrique Camarena, angered parents and youth in communities across the country began wearing Red Ribbons as a symbol of their commitment to raise awareness of the killing and destruction cause by drugs in America (About Us).

- Ask your teen if they know about Red Ribbon Week.
- Discuss with your teen what their school does to support Red Ribbon Week.
- Ask your teen what they could do to support Red Ribbon Week.

Resource: <http://redribbon.org/about/>