



base

EDUCATION

BECAUSE STUDENTS CARRY SO
MUCH MORE THAN A BACKPACK

Vision of Self





My Journey – My Why

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The Power of BASE

Understanding your**SELF**

- Understand what Vision of Self is
- How have personal stories - impacted your child
- Help your child create a more positive vision of self



Students carry so much more than a backpack.



Vision of Self





WHO
AM I?

What are three
words you would
use to describe
yourself



WHO
AM I?

What are three
words your teen
would use to
describe
themselves?



Think – Pair – Share
*Your thoughts stopped you
from doing something*

Shape through Personal Stories

- How does your child see themselves
- Do you think your child would like to change how they see themselves? Do you think they need to?
- How can you continue to help your child/ren develop a healthy vision of self?

Your BASE Task:

- **Vision of Self (MS/HS)**
work thru slide 55
- **Who am I? (Ele)**
Watch Video





Your child's
mental health is
more important
than...

~~their grades~~




ANYTHING!

The Minds Journal

How can you
continue to help
your child/ren
develop a healthy
vision of self?

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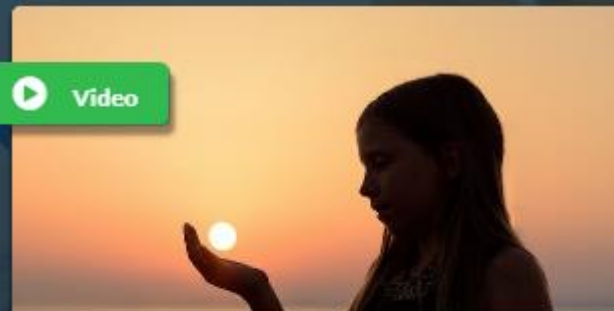
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Vision of Self for Parents/Guardians

Defines vision of self, discusses, healthy versus unhealthy perspectives, teaches how to implement healthy viewpoints, discusses personal vision, outlines tools



Video



Who am I?

In this lesson, your students will learn more about who they are. They are at the stage in development in which they can begin to form a sense of self which includes likes, dislikes, and valuing of

Questions to engage:

- What about yourself are you most proud of?
- What are things you would like to change?
- How would you describe yourself?
- In the future, what is important to you?



A Personal Vision...

- Includes important pieces of their life
- Is who they want to be
- What they want to do
- How they feel
- Motivates you

**Shapes who you are
& who you become**



Ted Lasso...

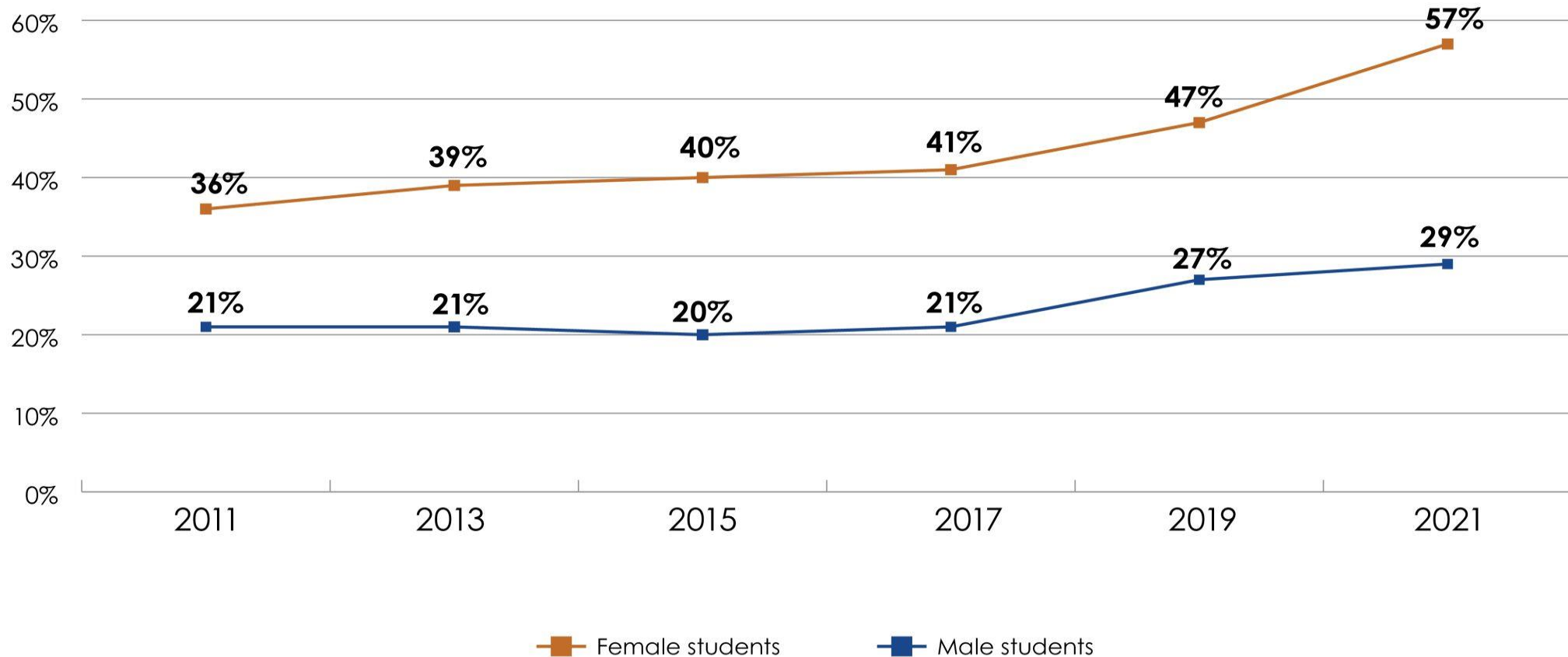
“Be Curious – Not Judgmental”





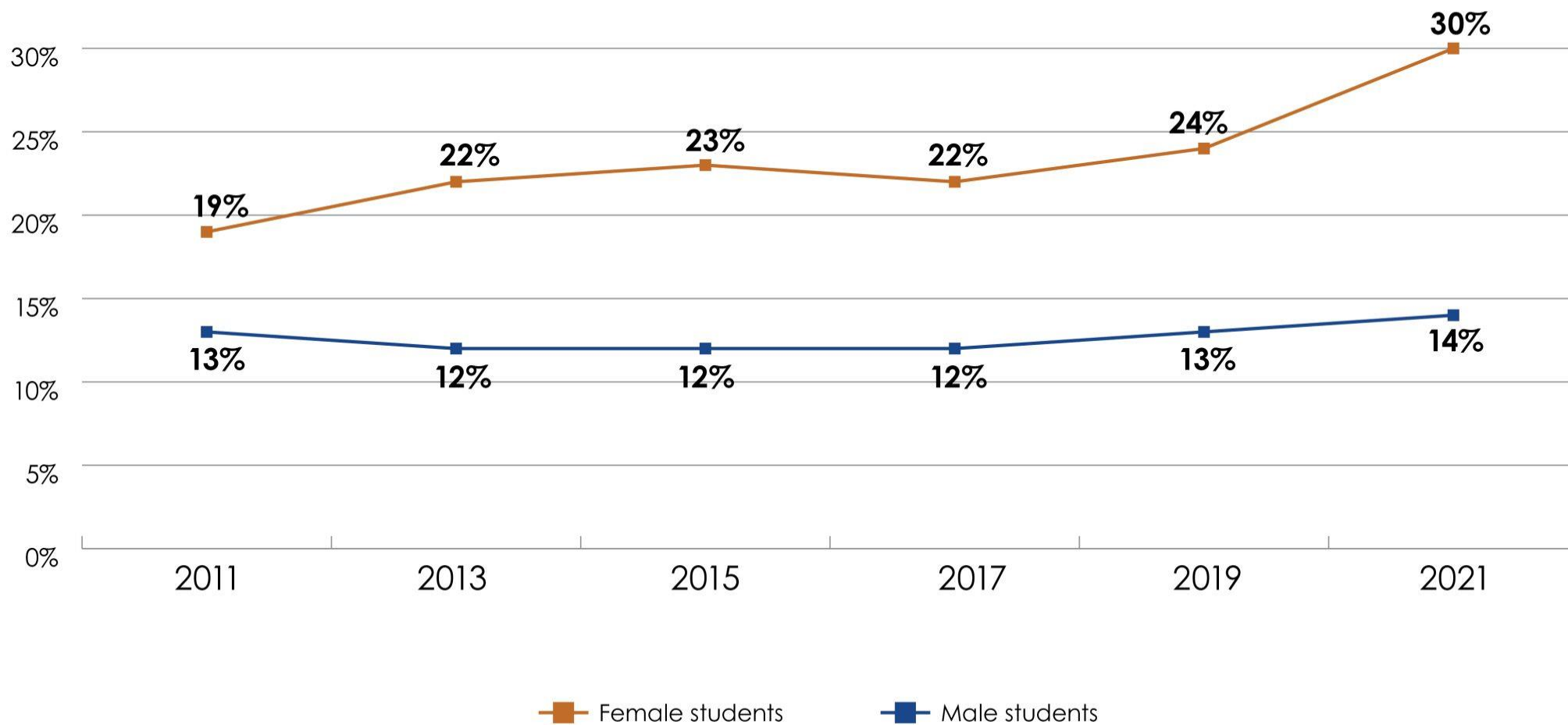
Why does this matter?

PERSISTENT FEELINGS OF SADNESS OR HOPELESSNESS AMONG U.S. HIGH SCHOOL STUDENTS, BY SEX, 2011-2021





SERIOUSLY CONSIDERED ATTEMPTING SUICIDE AMONG U.S. HIGH SCHOOL STUDENTS, BY SEX, 2011-2021



Next Steps....

Shaping your Child's Personal Story



Do you know what your child is thinking?

- Stress
- Perspective
- Family/Friends

Next Steps....

Create a Healthy Vision of Self



Appreciate how far they've come and value all the challenging experiences they've endured



THANK You!

You Can Do This..