

# NEWSLETTER

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## parenting with **COURAGE**

SEPTEMBER  
2025

Middle and high school years require a lot of courage. From asking someone to a dance, to resisting peer pressure, to getting a driver's license, there are so many moments that might make a teenager want to back down in fear.

As a parent, you know two things. First, you can remember what that fear felt like for you. You can take yourself back to the years of putting yourself out there, and doubting every move. You also know that it doesn't get much easier as you grow up. Choices about college, work, families, and any number of things can make your heart beat faster and your palms sweat.

This month, spend some time telling your child about what courage was like for you when you were their age, and also be honest about when you need to show courage as an adult.

### Questions to consider:

- What do you remember about when you needed to have courage as a teen? What do you wish your parents would have told you about bravery?
- When do you require courage now? How do you summon it? How can you share that with your student?

### Questions to ask your student:

- Who do you know that is courageous? How do you know?
- What does courage look like at your age?
- How can I help you find courage when you are afraid?

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## COURAGE:

Being brave enough to do what you should do, even when you're afraid

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### WEEK ONE:

Starting a new school year requires some level of courage. You are being brave when you strive to make a good impression, when you are open and connect with other students and teachers, when you try a new activity or sport. You might be brave in a new school, or you might need to help someone have courage in a new environment or grade. How can you start the school year off on the best foot by being courageous?

### WEEK TWO:

Sometimes courage is quiet and internal. Other times, being brave happens publicly — like standing up for someone, taking a chance and answering a question you're not sure about, or putting yourself out there in a club or sport. When someone is being brave, how can you be a supporter of that courage, and not make fun, laugh, or tease them? Sometimes it takes courage to encourage and support other people being brave as well.

### WEEK THREE:

Sometimes it can be really hard just to show up as you are that day. Maybe you are emotionally tired from the heaviness of the world and it's hard to even just show up, much less be courageous. So I want to share a few reminders about how you might be able to be courageous in small ways when you are feeling overwhelmed, or you know someone who is.

### WEEK FOUR:

What if you decided that instead of just getting by in your classes, you wanted to improve your GPA? What if instead of dressing a certain way or fitting in with a certain crowd, you decided you wanted to try something different? Would you have the courage to be something new, to forge a new path, or to set yourself up for a better future? This week, we'll spend some time thinking about courage from an internal perspective and see how we can build ourselves up to face change when we need to, or when we want to.