



Back to School



The
Steve
Fund

FOR EDUCATORS

Supporting the wellbeing of Students of Color on Campus



Getting your children ready to go back to high school and college can be exciting and stressful for your child and for you. Talking with your children openly about what to expect and helping them talk through their feelings is a great way to build confidence and diffuse stress. It's also important to acknowledge that taking care of yourself is an important way of taking care of your child. Here are tips to help build your child's confidence and to care for yourself and your family.

5 WAYS TO HELP BUILD YOUR CHILD'S CONFIDENCE

1. **Ask open-ended questions and validate feelings.** Ask your child what they are and aren't looking forward to this year, and keep an open dialogue.
2. **Ask them about their friends.** Help them think through ways to build relationships with classmates and mentors who are supportive.
3. **Frame challenges as opportunities.** School presents many ways to gain academic knowledge and to learn to build confidence and resilience.
4. **Encourage self-advocacy.** Help your child think of ways to speak up for themselves and find the support they may need.
5. **Emphasize effort, not grades.** Focus on learning as a process, the value of hard work, and taking care of their mental and physical health.

5 WAYS TO CARE FOR YOURSELF — AND YOUR CHILD

1. **Involve your kids in creating the new schedule.** Talking things through ensures their ideas and concerns, and yours, are heard and addressed.
2. **You don't have to be perfect.** You just need to be you. Expect the start of the year to be a little bumpy and accept that doing your best is all you need to do.
3. **Take time to plan.** With all the details and stressors to navigate, it helps to set aside time to take a breath — and then create a to-do list.
4. **Plan your extracurricular activities too.** Your interests matter and can help keep you physically and emotionally healthy.
5. **Don't overschedule yourself.** It can be tempting to get involved in too many activities. Overscheduling can be a setup for stress and take away from self-care and family time.

Find more tips, resources, and our BACK-TO-SCHOOL TOOLKIT, visit [stevelfund.org/youthhealingspace](https://www.stevelfund.org/youthhealingspace).

About the Steve Fund

The Steve Fund is the nation's leading organization focused on supporting the mental health and emotional well-being of young people of color. We work with colleges and universities, nonprofits, researchers, mental health experts, families, and young people to promote programs and strategies that build understanding and assistance for the mental and emotional health of young people of color

