

# WHO I AM

Your child has the right to their identity — everything that makes them who they are. Their feelings, thoughts, opinions, ideas and beliefs, their likes and dislikes, and even their strengths and weaknesses are all part of your child's identity and are what makes them unique.

Sometimes when trying to fit into a group your child can compromise their identity. As children are growing up, it may be challenging for them to be true to who they really are because they are worried that they might not be accepted into a peer group. It is important for your child to understand that if they sacrifice who they really are, what they really enjoy, or the things they really like just to fit in, they lose what makes them unique: their identity. Helping your child to be confident with their identity and who they are will help them to be strong enough to withstand any negative influence from peers and others.

## Directions:

- 🦋 Ask your child to think about how people see them on the outside — maybe your child plays sports, dances, or volunteers at church. So people may see them as athletic, artistic, or philanthropic. Have your child write those visible characteristics on the lines outside the figure.
- 🦋 Now have your child think about what is on the inside — what people don't see — their hopes, talents, dreams, interests, fears, or even things that your child may not share with others. Your child may have a dream of performing onstage one day, may love to draw, or may be nervous when they meet new people. Have your child write those invisible characteristics on the inside of the figure.
- 🦋 Talk with your child about the things that people see and the things they don't see. Let your child know that who they are is important.

