



Always Our <mark>Best</mark>



What is Bravery?

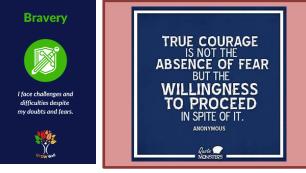
To be brave is to face your fears or challenges. It involves valuing a goal and acting upon it, whether popular or not. A central element involves *facing* – rather than *avoiding* – fears. It means feeling scared, but doing it anyway. There are three types of bravery (an individual may possess one of these or a combination):

Physical bravery (e.g., firefighters, police officers, soldiers) *Psychological bravery* (e.g., facing painful aspects of oneself) *Moral bravery* (e.g., speaking up for what's right, even if it's an unfavorable opinion to a group)

How can I help my child to grow their strength of bravery?

- Discuss a time when you felt scared about doing something, but did it anyway.
- Encourage your child to face their fears, rather than back away from them.
- Reward small steps towards facing fears to build confidence.
- Help your child to see fear as an opportunity for growth.
- Discuss the need for some level of anxiety/fear for optimal performance.
- Acknowledge and discuss your own fears and model the ways you face them.
- Avoid eliminating all risks.
- Don't accommodate your child's every need- foster independence.
- Let your child make mistakes.





Want more information about our GROW Well Program and Character Strengths? <u>https://gumdaless.eq.edu.au/support-and-</u>

resources/wellbeing

School T.V. Resources

Bravery – not perfection: https://gumdaless.eq.schooltv.me/newsletterexternal-resource/teach-girls-bravery-notperfection-reshma-saujani

Being brave is also being vulnerable: https://gumdaless.eq.schooltv.me/newsletterexternal-resource/why-im-done-trying-be-manenough-justin-baldoni

Tools to help foster Bravery:





