



... for parents



3.4 AT THE CROSSROADS

Asserting yourself against social influences

Your child has taken part in an OFF-TRAIL workshop to help them **identify positive and negative influences** in their daily life and assert themselves in the face of these influences.

DID YOU KNOW?

Your child has been influenced from an early age. As long as your child adopts behaviours that help them in their relationships with others, or if the influences on them are positive, there's no need to worry – it's all good! On the other hand, if your child is being influenced in a way that doesn't correspond to their values, or if they no longer seem to have the freedom to think and act as they wish, it's best to intervene (Naître et grandir, 2016a)

NOW IT'S UP TO YOU!

When you sense that your child is letting themselves be influenced in a negative way, help them to step back, assess the consequences of letting themselves be influenced, and assert themselves. Offer to role-play situations in which you play the role of the person influencing them, so that they can practice asserting themselves.

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