



... for parents



5.1 INFLUENCES THAT WEIGH YOU DOWN

Asserting yourself against social influences

Your child has taken part in an OFF-TRAIL workshop on social influences. They learned to **understand the influence** of others on their choices and actions, and to **assert themselves**.

DID YOU KNOW?

Your child is exposed to many sources of influence in their life, whether from peers, social media or even you as a parent. By learning to develop their own opinions, children help others get to know them better and make it easier to communicate with them.

NOW IT'S UP TO YOU!

To help your child develop their own opinions, you can explore with them the advantages (e.g., acting according to their own values, respecting their interests, adopting safe behaviours) and disadvantages (e.g., being rejected by the group, being teased) of asserting themselves. You can also discuss the fact that fear of rejection can sometimes lead them to adopt behaviours that go against their will.

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