

NEWSLETTER

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parenting with **HUMILITY**

APRIL
02

Humility is hard! Our kids are at an age where social capital matters in their peer relationships, and humility seems like it flies in the face of that. Being humble in this case is less about putting ourselves down, and more about realizing that we are not entitled to things simply because we want them.

When our children get into high school, learning how to truthfully build yourself up is a skill that will be helpful. For example, truthful boasting on college applications and scholarship essays matter. Talking about your strengths in a job interview matters. As parents, helping them understand the difference between humility, self-promotion and self-deprecation can be hard. Finding the balance of accurate self-perception while also allowing our flaws to be visible can be tricky. The best way to teach humility is to model it, and then explicitly talk about the differences.

Questions for parents to consider:

- How do I model humility?
- What would my modeling humility look like for my teen?
- What do I want him/her to know about humility in their relationships? And online?

Questions to ask your child:

- Everyone is so focused on “likes” and followers. How can you show humility while still being popular or having a sense of belonging?
- Who seems humble to you? How do you know?

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HUMILITY:

Putting others first by giving up what you think you deserve

APRIL
2023

Week One:

Humility as a sign of strength and self-assuredness — it's actually the opposite of insecure. It's the same as being humble, but not the same as being humiliated. Humility is not weakness. or letting others win — it's a mature way of viewing yourself and others in the world.

Week Two:

Humility can be about restraint and keeping some things to yourself (we don't need everyone's opinion on every topic ever). There are many examples of people who have "fallen from grace" because they said something they didn't need to say. This week we will look at how humility can keep us out of trouble IRL and online.

ANTI-BULLYING FOCUS

Week Three:

Humility can be really tricky because social capital matters a lot as a teenager. So giving someone else more social capital can feel like you are losing your own, but that's not always how it works. How do we show humility in a world of self-promotion?

COLLEGE & CAREER READINESS

Week Four:

What do you deserve? And how does that compare to what other people deserve? Isn't it possible that they also believe they are entitled to be the best, smartest, fastest? This week, we will challenge ourselves to think about what we are "owed" and what we owe to each other.