



Each of us is an important part of our community. We each have talents and strengths that make us unique. We each use those talents and strengths to make a difference in our family, our school and our community. An important part of building resilience in our children is helping them to recognize their own strengths and determine how they can use them to make a difference in their world. Remind your child that you are there for support and guidance — and that it's important to you that she or he is healthy and happy and makes safe choices. This can help make it easier to talk about tough subjects like not using alcohol. Remember, **Keep talking – they really are listening.**

## FAMILY TALENT NIGHT

Each member of your family is unique. Someone might excel at math, another might be a talented cook, and another might be a great athlete or something completely different. We are all unique, but our individual talents are all important. Families and communities work best, when everyone uses their talents to help and serve each other. Use this time to recognize and celebrate the individual talents of each member of your family. In order to do that, we first need to identify those qualities that are strengths for each person. Allow each member of your family to identify some of their strengths by answering these questions.

- What is something I'm really good at? (It can be anything that you are really good at.)
- Let's call that your "talent".
- How do I know I'm good at this "talent"?
- Am I happy when I am using that "talent"?
- What do other members of my family think is my "talent"?
- Can I have more than one "talent"? (Hint: The answer for this is always YES!)



After each member of the family has had a chance to identify their "talent(s)", talk about how each of those "talents" can be used in your family. How can they be used in your school? In your community? For an EXTRA challenge to your Family Talent Night, have each member of the family demonstrate their talent and then try to teach their talent to the others.

**MAKE THE MOST OF TEACHABLE MOMENTS TO TALK WITH YOUR CHILD ABOUT MAKING HEALTHY DECISIONS SUCH AS NOT USING ALCOHOL.**

**REMEMBER:** Everyone has different strengths and makes different contributions to this world. In order to find their strengths, each member of your family needs to find what THEY are good at. It might not be the thing that is recognized on report cards or at awards assemblies, but it is the thing that will lead to a happy, successful future. Each member of your family is unique and important, they don't have to be like anyone else. Be sure to celebrate everyone's "talents".