Family Conversation Guide

As a GEAR UP student, your child will participate in lessons about the **FACES of GEAR UP** every year. We believe that students need to develop skills in these five areas to be ready for a happy and successful adult life. These lessons help ensure students are:

F - Financially Ready
A - Academically Prepared
C - Contextually Aware
E - Emotionally Resilient
S - Socially Connected

Each year, the lessons will help students learn about what they need to do NOW to be ready for college and career when they graduate. **Use the guide below to connect with your student about a lesson they had to help them become socially connected for adulthood.**

My Biggest Champion

Developing Knowledge & Skills to Self-Advocate & Seek Out School-Based & Other Resources

What Did They Learn?



Self-Advocacy
Students learned that being their own biggest champion means knowing what they need, asking for help, and using resources.

Champion Moves
They practiced specific strategies for asking for help effectively. They can succeed at asking for help by being specific, kind, and thankful.

Teamwork
They explored how working together with other people helps them meet their goals.

Talk About It At Home

Use these questions to continue the conversation with your 7th grader. There are no right or wrong answers. The goal is to help your child think.

- **Who at school could help you if you were struggling with an assignment?**
- **Why can asking for help be a strength?**
- **What makes someone a good teammate?**

Share a time when you needed help and explain how working with someone else helped you.

Try This At Home

The Chore Cheer Challenge

When you're doing chores together as a family, give everyone a challenge to encourage each other as much as possible. Every time someone encourages someone else, put a sticker on their shirt. The person with the most stickers at the end of chore time wins! You decide the prize. Your middle schooler will roll their eyes, but soon they'll start laughing and start competing.

Family Takeaway

Being your own biggest champion does not mean doing everything alone. It means speaking up, finding the right resources, and being willing to work with others. Encourage your student to ask for help when needed while taking responsibility for their own success.