

Wellness Toolkit: Family Connection

Teen Module 4 – Social Problem Solving

Directions: Your child is currently participating in the Child Mind Institute’s Wellness Toolkit in their classroom and has completed the fourth module which is all about social problem solving.

In this lesson students learn to recognize social problems and practice changing unhelpful thoughts in order to help solve social problems. Students learn and practice different ways of understanding and solving social problems, including information on perspective taking. This module includes a lesson on assertiveness and advocacy and promotes students’ consideration of their social problems both with others and as they exist within society at large.

We encourage you to take some time to discuss the content they have learned and use the questions below as a guide for reflection. Visit us at www.childmind.org.

- *Why is it important for you to be able to solve problems you may have with other people?*
- *Think of social problems in your life. What does it mean to be assertive and in what ways can you practice being more assertive?*
- *Can you think of a problem or disagreement that you’ve had with someone recently? Thinking back, what do you think their perspective was?*
- *What societal problems do you wish would change? How can you use assertiveness and advocacy to address these problems? In what other ways can you help to solve these problems?*