

Bravery

What do parents and children say

Parents need to stop fighting their kids' battles. They need to help, support to guide them to be brave and fight their own battles.

Making mistakes and failing are such powerful ways to learn and need to be treated as such. Brave people are willing to make mistakes and have the resilience to grow from them.

Allowing children to try and fail instead of trying to make whatever they're doing a 'success'.

The difference between bravery and bravado – the issue with young men identified in Ireland study where they were perceived as brave, but it was actually bravado. Bravado wasn't bravery – the bravery was demonstrated by people who stood apart and challenged the group or sought help.

Teaching children to risk assess. To weigh up the impact.

The use of the term 'healthy risk taking' in work with young people

When faced with a crossroads, think what is the best thing that can happen, rather than the worst thing. The default for many is to look for the negative option.

**My grampa always said 'amore non timore'.
He meant: you have to embrace life's ups
and downs because without them you learn
nothing and experience nothing. Better to
have lived, learned and loved than to have
cowered in fear.**

The bravest swimmers are those who have had to work all the way through ... swim a race where they know they'll get beaten to allow someone else to win more points... our 'best' swimmers lack bravery as they're too afraid to fail... the top swimmers like to stay in their lane to avoid the embarrassment of not being best in a new event/stroke/distance, etc

Important for adults to create safe spaces for young people to 'fail'

**It's easier to be brave for other people
but can be hard to be brave for
yourself.**

Being brave is not about pretending to yourself that you are not frightened. It's about being frightened – and still doing the frightening thing. Don't assume that it is a reason not to do something.'

**True bravery is about facing your fear –
even if you are scared stiff and your
bottom lip is trembling out of control.**

'If you're brave then it will help you get through life. There is a lot of ups and downs in life. But if you're brave, you will get through it. Like if you keep saying you can't do it, you're not going to get anywhere. You have to be brave. But there always comes a point you need help.' S2 girl

‘Because a lot of young people are young carers and have a lot of responsibility.’

Young carer S1

‘So they don’t miss out on big opportunities.’ S3 boy

‘Because if you don’t be brave then you just get scareder and scareder and then you can’t move.’ 5 year old cancer survivor