

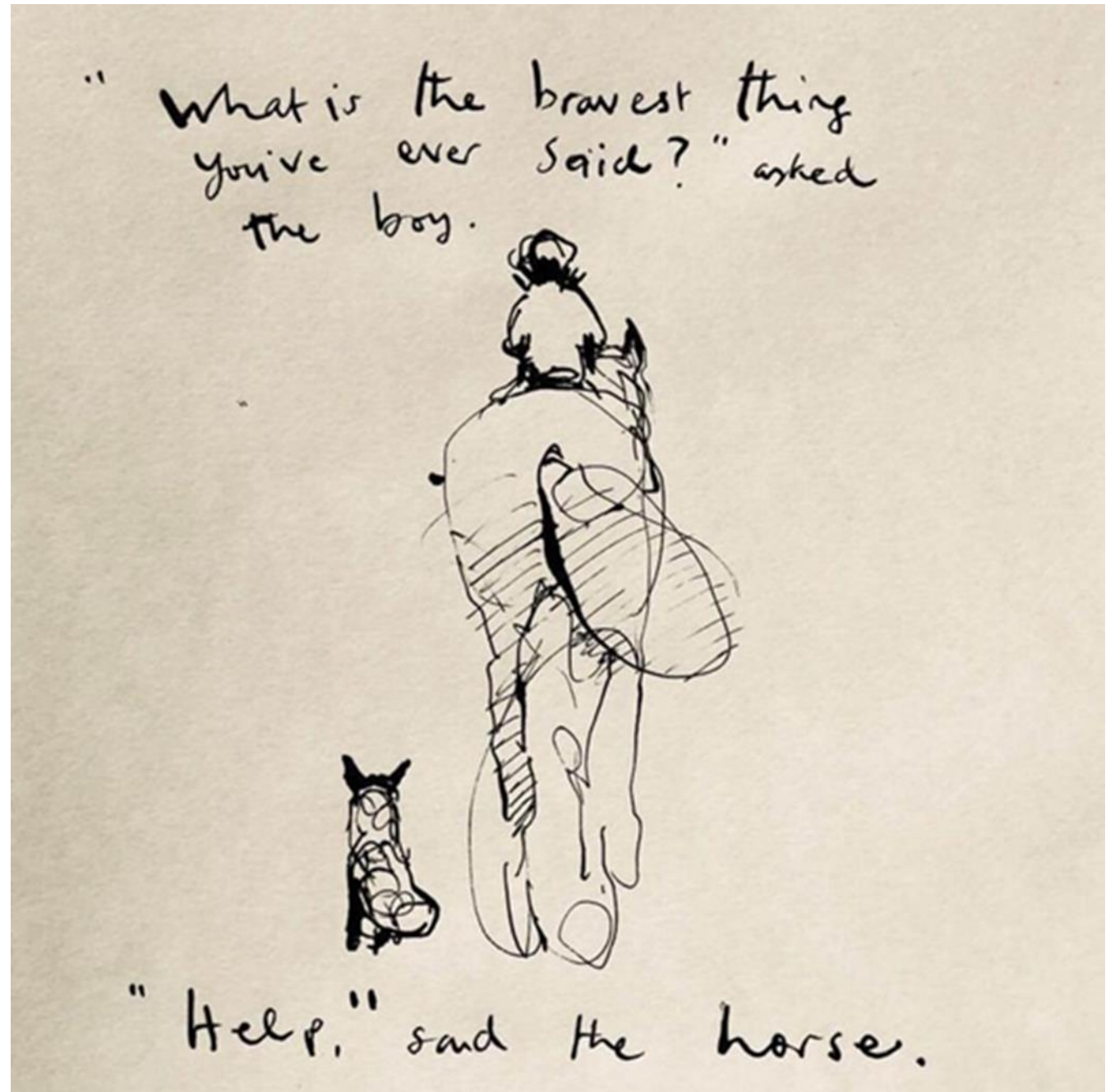
Being Brave

What is bravery?

Be Brave.

Remember that
bravery is not
the lack of fear
but the ability to
move forward
in spite of fear.

PictureQuotes.com



What is not bravery?

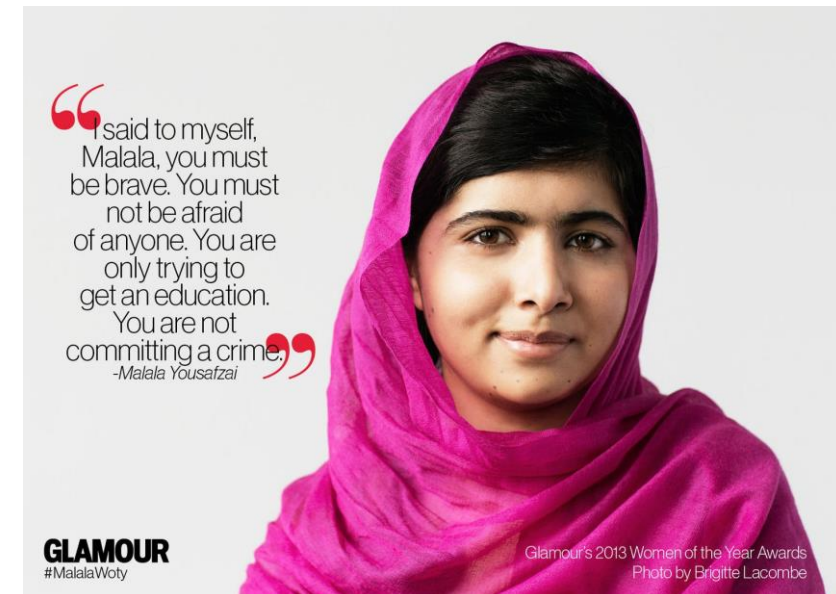
- Aggressiveness and bullying
- Putting yourself and others at risk for no reason
- Doing something that isn't scary for you
- Putting others down – humiliating/shaming them
- Being mean on social media or in real life
- Taking no responsibility for your actions, lack of action or words
- Fight response

What is sometimes bravery?

- Assertiveness
- Taking risks
- Learning – especially when it's really difficult
- Defending others and yourself
- Taking responsibility for your actions, lack of action or words
- Fighting
- Going to work or school
- Doing something you are trained to do
- Wearing certain clothing or make up
- Being yourself and expressing who you are

Bravery is learned

- We aren't born brave, we learn how to be brave
- We can practice being brave and get better at it
- Children practicing being brave can be a challenge for adults



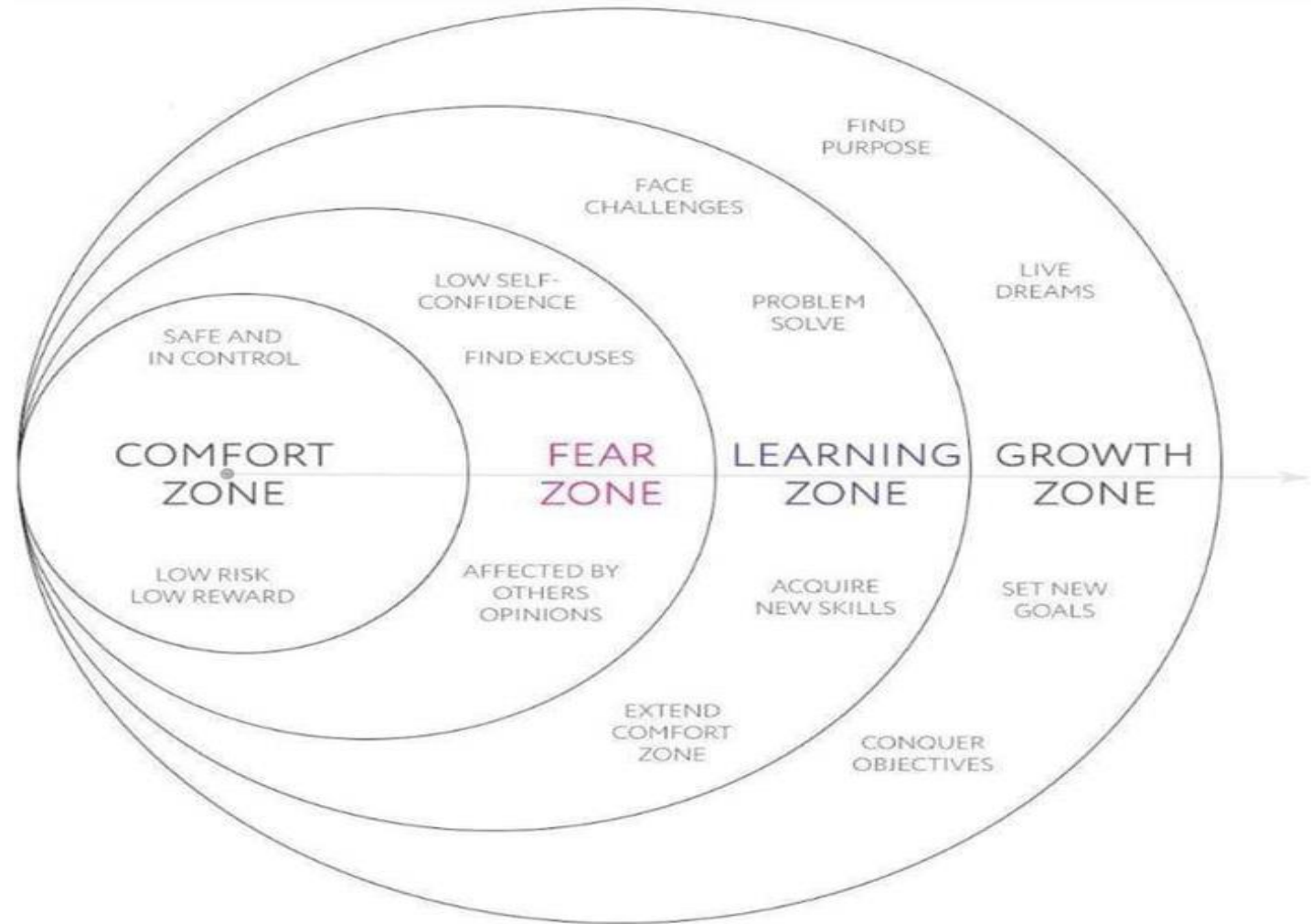
Bravery is learned



Michael Simmons ▶ **Learning**
How To Learn



53 m ·



Bravery and Vulnerability

- Vulnerability allows us to be connected to others, to be creative, have trust, feel shame, to fear, to grieve, to be loved and love, to feel a sense of tenderness and intimacy, for belonging.
- Vulnerability is our way to overcome feelings of disconnection with others.
- If we numb vulnerability we also numb our ability to feel the painful stuff like grief, disappointment, fear, rejection.
- If we numb vulnerability, we don't allow ourselves to be seen properly and for who we are.
- We need to be brave to allow ourselves to be vulnerable and seen.

What are brave children like?

*They don't want to look stupid,
vulnerable or weak*

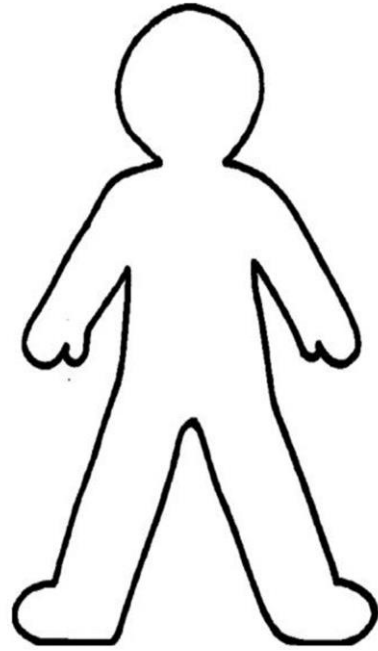
They feel embarrassment or shame

They don't want to fall out with friends

They want to be popular

They feel afraid of failure

*They make mistakes and get things
wrong and sometimes hurt people*



They can ask for help

*They can stand up for what's right even if it's
not popular*

They call friends out when they're wrong

*They can walk away from dangerous
friends or bad situations*

*They will have a go at things they find difficult
and even if they can't do it the first time, they
can keep going*

*They take responsibility when they
do something wrong*

Authentic Self

HOW TO REACH YOUR AUTHENTIC SELF



Why do we want our children to be brave?

- So they can **ask for help** when they are struggling.
- So they can be **safe**.
- So they can **stand up** for themselves, others and what is right.
- So they can **feel good** about themselves
- So they can be **honest**.
- So they can take **responsibility** when they have done something wrong.

When we want our children to be brave, we need to...



When we want our children to be brave, we need to...

Share technique

Pink elephant

Point out success

Model bravery

Praise

Cuddle

Listen

Commiserate

Laugh off mistakes

Prop up

Share experience



Coax

Get advice from others

Scaffold

Encourage

Point out learning

Be present if needed

Discuss

Support

Share stories of own experiences of feeling fear and being brave

What do adults do to stop children being brave?

Not listen

Compare children to their siblings or to other children

Be overly critical of their choices, beliefs, ideas, friends, clothing, etc

Not allow the children a chance to try and sort things out themselves first

Not allow the children to take risks or even fail



Humiliation and put downs such as lgbtqi+, particular professions, etc

Focus on justice or even revenge rather than a good outcome for everyone

Model the behaviour you don't want – eg: being a keyboard warrior (aggressive or passive aggressive)

Not allow children to take any responsibility for things they did wrong
OR - make the child take too much responsibility for something they did wrong

What can adults do to help children be brave?

Listen

Point out to children when they are being brave and praise them

Be interested in their choices, beliefs, ideas, friends, clothing, etc

Allow children a chance to try and sort things out themselves first and support from the back benches

Allow children to take risks or even fail



Showing interest and learning more about things like lgbtqi+ or BLM and other movements

Focus on a good outcome for everyone rather than tit for tat

Model the behaviour you want – eg: being hilariously funny or forgiving or dignified

Allow children to take responsibility for things they did wrong and allow them to feel it and understand it
But...

Don't over-punish for mistakes – one mistake, one consequence

Summary of Bravery

- Being brave is not a single event, it is a process
- Being brave is a lifelong skill that requires practice
- People can help us to be brave – we can be brave on our own but we can also be brave with support and back up
- Plans and strategies can help us be brave
- Being our authentic self is really important and it can also make us feel vulnerable and opens us up to criticism, shame and rejection. Being brave helps us to be our authentic self and expose our vulnerabilities regardless.

Useful Links

- Power Poses - <https://www.youtube.com/watch?v=IJrcJUV8d20>
- Adolescent brain animation by Dan Siegel - <https://www.youtube.com/watch?v=0O1u5OEc5eY>
- Vulnerability - https://www.ted.com/talks/brene_brown_the_power_of_vulnerability
- Character Matters by Graham Goulden - https://www.youtube.com/watch?v=-ky8JbmHSqY&feature=youtu.be&fbclid=IwAR2CFW_HhApg7u8fFI3gC3fddtjMrAuvByKjhDDxJaXhg4nrUzeOHGYZ8tE
- Why are some people brave - <https://www.pbs.org/newshour/science/why-some-people-are-willing-to-challenge-bad-behavior-despite-personal-risk?fbclid=IwAR1IXpAKJvPjMwlyY8sQ88SGPLvkcB41VaA8LvAvK7hR6Abw5QIISNsYjgyl>
- What makes a hero - https://www.ted.com/talks/matthew_winkler_what_makes_a_hero?language=en&fbclid=IwAR17k0w4dpRTdirV76yhT8_hSrk3bStB5WvkVCiMuy5OQeX1VZbNSP_v_gc

More useful links

<https://mindfullittles.org/five-books-about-courage/>