



Phrases Your Child Can Use to Stand Up for Themselves



1 "I need you to stop bothering me and leave me alone."

Your child will show: They have the confidence to stop the unacceptable behavior.

2 "I don't like being called that. I want you to call me by my name."

Your child will show: They expect others to be respectful, and they do not tolerate verbal abuse.

3 "I didn't have control over that. It's not okay to blame me."

Your child will show: They will not be the scapegoat, and they expect others to be accountable.

4 "I see that you're unhappy. But I can't let you treat me like this."

Your child will show: They know how to advocate for themselves and set boundaries.

5 "That's not safe. I'm getting someone to help."

Your child will show: They aren't afraid to ask for help.

And most importantly:

Encourage them to stand up for themselves at home.

Teach them that NO is acceptable by allowing them to use it with you.

Respect their boundaries. If they don't want hugs or tickles, say, "Your body, your rules."



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If you're interested in getting access to our most popular resources for your child's exact needs, we invite you to join GrowthMinded.

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"As my kids grow older **I feel more confident in my parenting ability** knowing that I can always go back to Big Life Journal for help."

-Noelle

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Big Life Journal team