



High School

Home Connection

Standing up for Yourself

Dear _____,

Today in class, we learned **standing up for yourself** or others is easier if you are clear on what you believe. Knowing what is important to you is the first step to taking a stand. We learned 3 steps to defend our values:

1. State your position.
2. Explain your reason.
3. Express understanding.

Please encourage your student to practice using the 3 steps when defending their values at home.

Please do not hesitate to reach out with any questions or concerns.

Best,
