



# High School

## Home Connection

### Social Norms

Dear \_\_\_\_\_,

I'm excited to share that your student has been learning about social norms in class. Social norms are the unwritten rules and standards that guide our behavior in social situations. These norms help us understand what is expected of us and why we often try to conform to these expectations.

We discussed how neurobiology plays a role in our tendency to conform to social norms, focusing on how our brains create mental maps to predict social behavior. Understanding social norms helps us predict how we are supposed to behave and what the consequences might be if we don't.

We also explored two types of norms: injunctive norms, which are what we believe our peers think is cool, and descriptive norms, which are what our peers actually do. Sometimes, there is a misperception between these two, leading us to behave in ways we think are expected, even if they are not.

Please discuss this question with your student: Can you think of a time when you felt pressure to conform to what you thought was a social norm? What did you learn from that experience, and how did it affect your behavior? This will help reinforce their understanding of social norms and encourage them to think critically about their own behaviors and perceptions.

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

Best,

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