



Finding Your Firefly
Fostering Self-Discovery - Empowerment - Co-Creation

Five Keys of Well-Being for Teens Survey

Where could your teen use support?

Circle your responses to the following-

1. **Authentic Self Esteem-** My daughter is self-confident. She has a healthy body image. She can accept setbacks. She is resilient. She is generally optimistic. She can extend empathy to her peers.

Often

Sometimes

Rarely

2. **Real-time Tools and Strategies-** My daughter utilizes tools and strategies for managing her emotions, academic, and peer related stress. (Examples- mindfulness, exercise, hobbies).

Often

Sometimes

Rarely

- 3. Personal Vision and Goals-** My daughter has interests, passions, and dreams and she has goals for her future (even if they are goals that I might not support).

Clear

Percolating

Unsure

- 4. Positive Relationships with Peers and Adults-** My daughter gets along with family members and siblings and she is connected to peers in a positive way.

Often

Sometimes

Rarely

- 5. Support from a Mentor-** My daughter has someone who she can turn to who is not a member of our nuclear family (examples-teacher, coach). **Note:** Studies show that having 3 adult role models can reduce at risk behaviors in adolescents by 50%.

More than one

One

None