



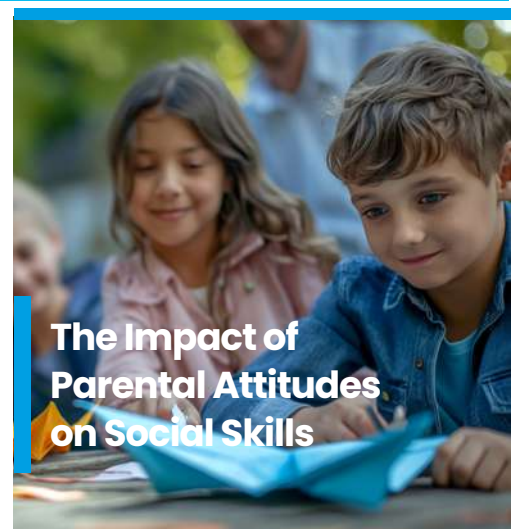
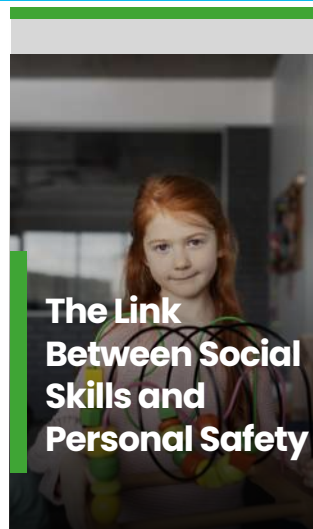
ISTEK SCHOOLS

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Hello,

In this bulletin, we would like to share why social skills are important and how we can support children in developing them. Social skills are the foundation of healthy relationships. They help children express themselves, understand others, and feel connected to the world around them. When children develop strong social skills, they not only do better in school — they also build emotional strength and a sense of personal safety. Knowing how to say “no,” express feelings respectfully, and understand others’ emotions are all key parts of feeling confident and secure.

Happy reading!





THE DEVELOPMENT OF SOCIAL SKILLS IN CHILDREN AND ITS IMPACT ON PERSONAL SAFETY

The Importance of Social Skills

Children learn to share, cooperate, take turns, and express their feelings appropriately through their interactions with their social environment. These skills help them build positive peer relationships and maintain self-esteem. Children with strong social skills can express themselves clearly in negative situations, seek help when needed, and protect their boundaries. In this sense, social skills form the cognitive and emotional foundation of personal safety.

The Relationship Between Social Skills and Personal Safety

Personal safety is not limited to maintaining physical well-being; it also includes sustaining emotional and social well-being. Social skills strengthen children's capacity to protect their personal safety.

For example, a child with strong communication skills can clearly express discomfort in an unsettling situation; a child with well-developed empathy skills can respect both their own boundaries and those of others. These abilities support behaviors such as avoiding harmful relationships, asking for help, and making safe decisions. Instilling this awareness

during primary school years lays the groundwork for lifelong personal safety.

Parental Attitudes and Family Support

Parental attitudes play a key role in the development of children's social skills. Parents who respect their child, validate their emotions, and communicate openly foster self-confidence. Trust-based communication within the family encourages children to share their feelings freely. Moreover, respectful communication patterns modeled by parents in their interactions with each other and others provide powerful learning examples for the child.

Key points for supporting social skills at home include:

- **Listening to the child and validating emotions:** Use accepting expressions such as "It's normal to feel this way" or "I completely understand how you feel."
- **Modeling healthy boundaries:** For example, a parent saying, "No, we need to talk about this later," teaches the child about mutual respect.

- **Encouraging emotional literacy:** Label emotions together through daily situations, such as “You seemed upset when you played with your sibling today — how did you feel?”
- **Reinforcing positive behavior:** Praise sharing, helpfulness, and cooperation with expressions like “I’m proud of you for sharing your toy with your friend.”
- **Setting digital safety rules:** Use clear reminders such as “We never share your name, school, or address with anyone online — that stays within our family.”

Activities to Try at Home

Social skills can be naturally supported through daily routines. Simple activities done together as a family can help these skills become lasting habits:

- **Empathy Box:** Family members describe an event, and others guess what emotions might be felt in that situation.
- **Role Play:** Act out scenarios such as “saying no,” “asking for help,” or “resolving a disagreement” to reinforce safe behaviors.
- **Emotion Journal:** Have the child draw or write one emotion each day — this builds emotional awareness and expression.
- **Team Games:** Do cooperative tasks together (like setting the table or completing a puzzle) to strengthen teamwork and social bonding.
- **Safe Internet Agreement:** Create online behavior rules together and raise awareness about protecting personal information.

Conclusion

Social skills form the foundation of relationships that children will sustain throughout their lives. Children with strong social skills understand themselves and others better, find constructive solutions to problems, and protect their personal safety more effectively. Parental guidance plays a crucial role in helping children develop empathy, communication, and self-control. A home environment built on love, respect, and trust is the strongest guarantee for a child’s social and emotional development.

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Psychological Counseling and Guidance Department

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