The Friendship Project®

Helping Your Teen Stay on the FIELD™

Unlocking Authenticity:
Supporting Your Teen to Be Themselves

Authenticity develops when teens understand and trust who they are. When your teen recognises their natural strengths, they feel more confident, secure, and comfortable being themselves.

Notice → Name → Value

Step 1: Notice
What strengths do you see your teen using naturally across situations?
Examples: persistence, kindness, curiosity, fairness, humour, leadership, creativity.
Write 1–3 strengths you notice:

Step 2: Name
Describe a specific moment when you saw this strength.
"I noticed you were being ---------- when you ----------."

Step 3: Value
Explain why this strength matters.
"This matters because it helps you ----------."

Write your teen an "I see who you are" letter, describing " I love how you..." and describing their character strengths.

With you on the FIELD,

Dr Mary
Clinical Psychologist