

Helping your teen succeed in high school

April 28, 2010



Mission Statement

Together with the Halton community, the Health Department works to achieve the best possible health for all.

**What was it like for you?
What did your parents do?**



What worries youth about high school today?

- Workload
- Social life
- Larger school
- Social Issues

Motivate Report, June 2003

How you can help with workload concerns

- Get organized
- Establish routines
- Be positive
- Talk with other people
- Help them juggle

How you can help with their social life

- Encourage involvement in school activities (get involved yourself)
- Get to know your teen's friends
....and their parents
- Negotiate rules and consequences for attending social events
- Talk to your teen about what makes a good friend

Feeling comfortable in a larger school

- Empathize and listen
- Identify adults they can go to
- Spend time in the school
- Encourage lots of questions
- Ask them what they need

How you can help with social issues

- Be informed
- Ask questions
- Know who to go to
- Role play.... "what if"
- Look for opportunities to encourage your teen to talk

Effective communication

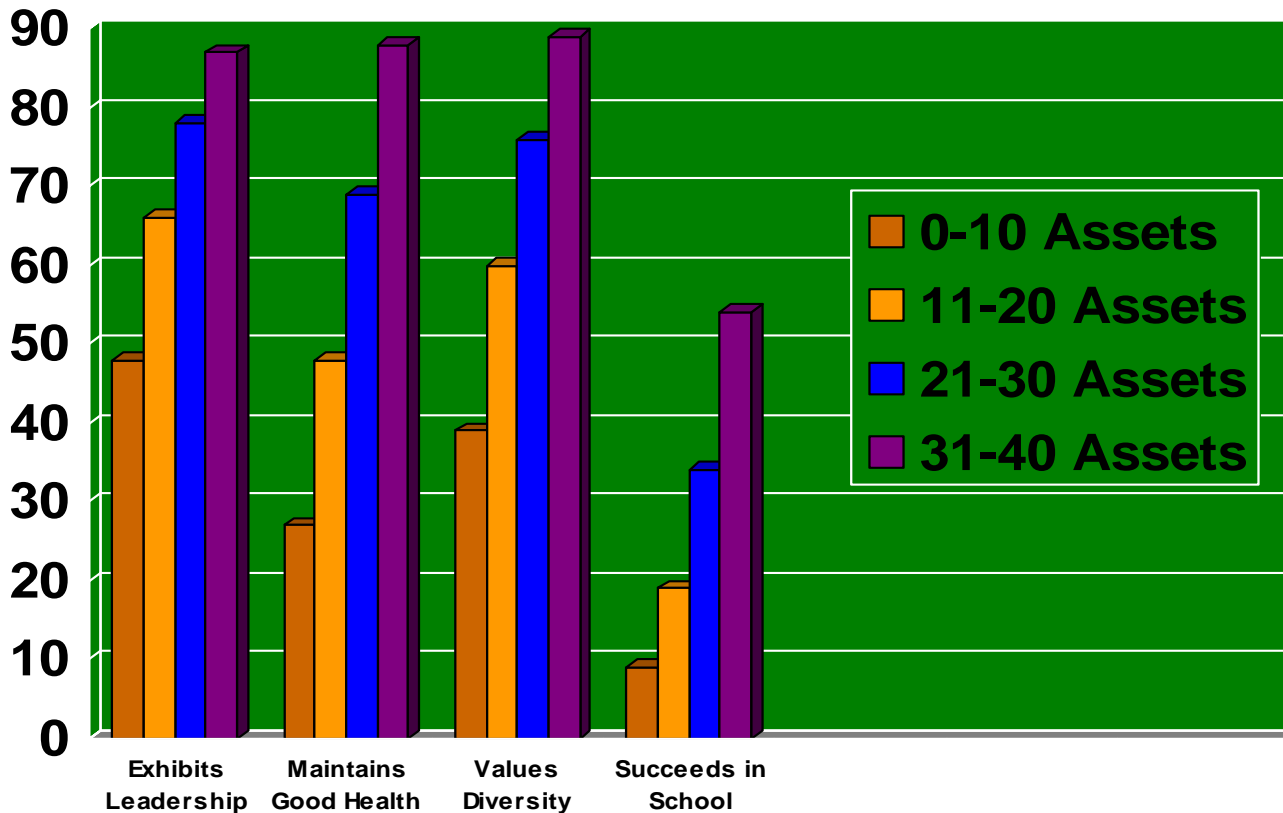
- Listen more, talk less
- Listen for feelings
- Use “I” messages
- Ask open questions
- Humour helps (watch the sarcasm)
- Choose good times to talk
- Be respectful...or leave.

40 Developmental Assets

- Positive experiences, relationships, opportunities and personal qualities that young people need to grow up healthy, caring and responsible
- Promote academic success
- Divert youth from risky behaviors
- Increase civic engagement

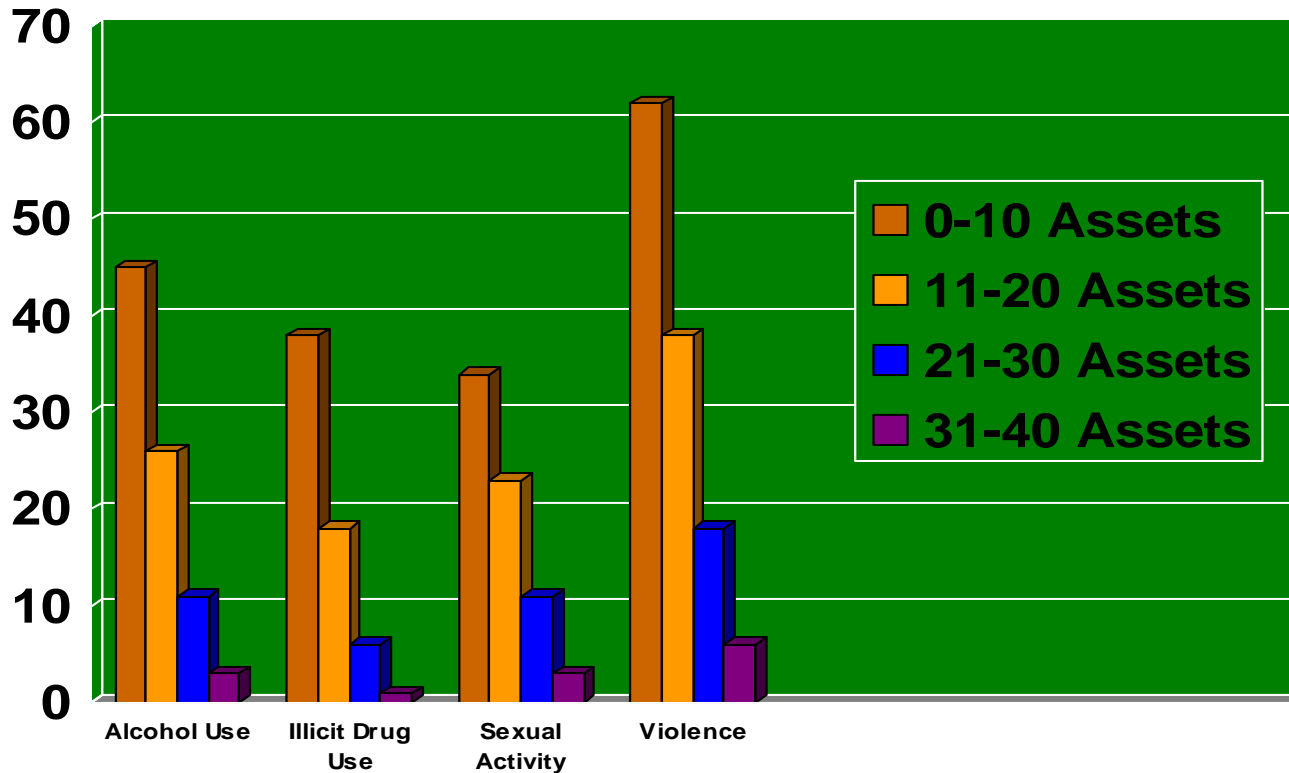
Promoting Healthy Behaviours

(Search Institute, 2003)



Protecting Youth from High-Risk Behaviours

(Search Institute, 2003)



5 keys to youth success

1. School Engagement
2. Community Engagement
3. Peer Connectedness

4. Parental (Adult) Nurturing

- Praise their efforts and strengths
- Catch positive behaviours (report it!)
- Show pride and appreciation
- Listen to their ideas and ask for their help
- Encourage involvement in problem solving

5. Parental (Adult) Monitoring

- Show interest in where they are going, with whom and what they are doing
- Set clear limits and expectations
- Talk to other parents
- Negotiate rules and responsibilities

Helping your teen succeed in high school *and beyond*

- Continue involvement (in school and community)
- Nurture them
- Monitor activities
- Encourage positive relationships
- Take care of yourself

Resources

[***www.georgetowndistricthighschool.com/***](http://www.georgetowndistricthighschool.com/)

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www.halton.ca