

High School YEARS

Working Together for Lifelong Success



Short Clips

Include friends

Your teenager may be more enthusiastic about family activities and outings if you let her invite friends to join you from time to time. Maybe she could ask a friend to your annual cookie-decorating party or to go along when you see a community theater production.

Snow day plan

As winter approaches, talk to your teen about what to do if school is dismissed early. Tell him how he should get home if you're stuck at work, and plan for emergencies. For example, he should know where the flashlight and batteries are kept so he can find them if the power goes out.

DID YOU KNOW?

Teaching others will help your teenager comprehend and remember information she's learning. At home, suggest that she explain a concept from her homework to a parent or sibling. She'll need to put the material into her own words and present it in a way that someone else can understand.

Worth quoting

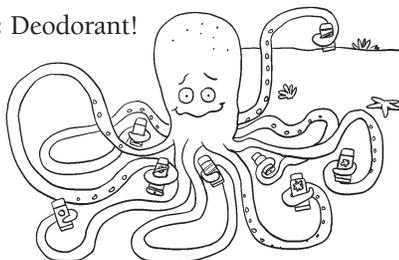
"Do not judge me by my successes. Judge me by how many times I fell down and got back up again."

Nelson Mandela

Just for fun

Q: What did the octopus spend all its money on?

A: Deodorant!



Reading for pleasure

High schoolers spend a lot of time reading to learn—but what about reading just for fun? Reading regularly for pleasure exposes your teen to new words and broadens his knowledge, helping him do better in all subjects. Here's how to help him develop a reading habit.



Find time

With all that assigned reading, when can your teenager read just for fun? Encourage him to look for pockets of time, and mention benefits that matter to him. For example, reading something light (a short story, a car magazine) may help him relax at bedtime. Or he might recharge in school by dedicating the last 10 minutes of study hall to leisure reading.

Stock up

Having reading material around makes it more likely that your teen will pick something up. Let him fill your home with books from the library, used bookstores, and flea markets. He could

include novels, short stories, biographies, poetry, and how-to books. *Idea:* Set up a family library, and everyone can swap in new items regularly to keep it interesting.

Read together

Show your teenager how much fun reading can be by letting him see you do it, too. Instead of reading that new mystery in bed, plop down and read next to him on the couch. Mention interesting newspaper articles, and ask what he's reading. You could even read a young-adult novel and then pass it on to him. 👍

A leadership role

Being a leader is a good way for your teen to gain self-confidence, communicate better, and learn about teamwork. Consider these ideas:

- Encourage a leadership attitude. When your teenager mentions changes she would like to see, ask how she might make them happen (run for student council, start a new club at school). Then, suggest that she do it!

- Recommend ideas for showing leadership at her job or in the community. At work, your child could volunteer to lead a team meeting. In your neighborhood, she might plan a cleanup day or organize a community yard sale. 👍

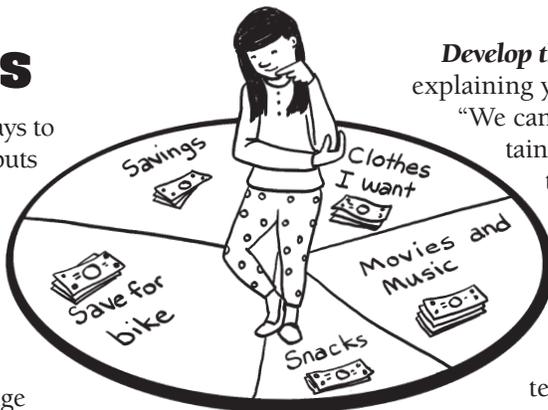


Common cents

Arianna comes up with creative ways to stretch each dollar she earns. Sophie puts a percentage of her babysitting money into her savings account as soon as she gets it. How can your teen learn to manage money, too? Share these basics.

Budgeting

Why it matters: Learning to manage a limited pool of money to cover needs (school clothes) and wants (brand-name sneakers) teaches your child to make smart choices.



Develop the skill: Let your teenager hear you explaining your budget choices. Instead of saying “We can’t afford that,” try “That’s not in the entertainment budget this month.” Encourage her to brainstorm ways to stick to a budget, too, such as making smoothies at home instead of hitting the smoothie shop.

Saving

Why it matters: Putting aside some money lets your child achieve short-term goals (buying a new bicycle), cover unexpected expenses (bicycle repair), and reach longer-term goals (a car).

Develop the skill: Saving is easier with a goal in mind. Encourage her to choose something to save for, like that bike. Then, she should figure out how much money—from a job, allowance, gifts—she’ll save toward it each week. 👍

Q & A The language of respect

Q My son’s sarcastic comments are starting to wear on me. What can I do?

A It’s not unusual for teens to show “attitude” toward their parents. Sarcasm may come out when your teen doesn’t want to share his true feelings or isn’t sure how to express himself.

Explain to your son that it’s disrespectful to say “Genius idea, Mom” in a mocking way when you offer advice.

Set clear expectations of how you will react if he uses a sarcastic tone with you. (“I don’t appreciate being spoken to that way. Please come back when you’re ready to show respect.”)

Finally, keep in mind that your teenager is watching you. Speaking respectfully to him, as well as to people you deal with as you run errands together, will show him that respectful speech matters. 👍



Proofreading 101

Even the most thoughtful essay won’t make the grade if it’s filled with spelling and grammar mistakes. Suggest that your teen try these tips to catch errors.

- 1. Take a short break before proofing.** That gives your high schooler fresh eyes to spot problems.
- 2. Don’t rely on spell-check alone.** He should look for commonly confused words a computer won’t catch, like *compliment/complement* or *allusion/illusion*.
- 3. Proofread on paper and on the screen.** Your teenager may spot different things in different formats.
- 4. Check source citations.** Refer to the style guide that the teacher specifies to make sure sources are attributed correctly. Also, fact-check book or article titles and author names. 👍



Parent to Parent Attend school events

When my daughter Jackie was younger, I volunteered in her classroom and shelved books in the school library. Now that she’s in high school, I asked her school counselor what my role should be.

He said that parent involvement is just as important in high school as it is in kindergarten, even though it might look different now. Letting your child see you attending school events is

one good way to be involved at this age, he said. He mentioned many possibilities, including the upcoming science fair and parenting workshops on college applications and talking to teens about drugs.

Jackie seems pleased that I’m still involved. She was proud to show me her project at the science fair, and I’ve been sharing information I’ve learned at my workshops. 👍



OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

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