

High School YEARS

Working Together for Lifelong Success



Short Clips

Safety first

Your teen may want to make plans without having to clear them with you first. But to keep her safe, you still need to know where she's going and who she'll be with. Insist on details, and give her a curfew. She may scoff, but deep down she'll know you care.

Reasons not to smoke

Each day almost 4,000 teenagers start smoking. Talk to your child about why he shouldn't be one of them. Beyond increasing his risk for cancer, smoking can make his teeth yellow and cause bad breath. Plus, spending money on cigarettes means he wouldn't have it for other things he wants.

Kindness is easy

Being kind in small ways shows others that you care—and it's simple. Encourage your teen to show kindness throughout the day. For instance, she could carry the lunch tray for a classmate on crutches. Or she might give a quarter to the cashier if the person in front of her comes up short.

Worth quoting

"The things that make me different are the things that make me me."
A.A. Milne

Just for fun

Q: Why did the computer cross the road?

A: Because it was programmed by the chicken!



Thinking critically

When your high schooler learns new information, does he try to think about it from different perspectives? If so, he's learning to be a critical thinker.

Students who think critically can draw conclusions, evaluate arguments, and analyze what works or doesn't work—making them more ready for college and careers. Sharpen your teen's thinking skills with these ideas.

Ask open-ended questions

Help him evaluate information by posing questions that have more than one right answer. ("Should we explore space?") Or encourage him to make a choice and explain it. ("Which Jane Austen book do you like best? Why?")

Consider all the facts

Suggest that your child come up with positive, negative, and interesting points about a question in the news. *Example:* "Should school be year-round?" After reading several articles, he might say: "We could learn more" (positive). "It would be harder to get a summer job" (negative). "Some schools already do



this" (interesting). This approach will help him sort facts, clarify his thoughts, and reach a conclusion.

Organize information

Play this critical thinking game. Together, list 10 items in your family room (books, magazines, a vase, a television, a sofa). Then, have each person put the objects in order from most useful to least useful for a made-up scenario (planting a garden, getting ready for a trip). There are no right or wrong answers—this activity just helps kids learn a way of thinking. 👍

I wouldn't miss it!

Teens who attend school regularly have stronger bonds to their school and are more likely to graduate. Good attendance also creates a habit that can carry over into work later. Consider these tips:

- Set expectations. Being out for even a day or two a month can hurt your child's performance. Tell her that the only acceptable excuses are illness, family emergencies, or pre-approved college visits.
- Discuss results. Point out that missing school means she'll have to make up coursework. If she falls behind, she may have to retake courses.
- Keep in contact. Write notes or call attendance lines for excused absences so the school knows your child's not skipping. If she does skip, contact the school so you can create a plan to get her back on track. 👍



Encourage respect

Teaching your teen to be respectful at home can make her more considerate and improve her relationships with friends, teachers, and bosses. Try these ways to promote respect.

Address the behavior. When your adolescent sighs, stomps off, or talks back, it may seem easier to overlook it than to argue about it. But letting her get away with it won't help her—or you—in the long run. Take the time to discuss her behavior and to set consequences.

Offer strategies. Talk about appropriate ways for her to handle situations where she tends to be disrespectful. For



instance, if she often asks for your input and then rolls her eyes at your suggestions, spell out what she could do instead (“Say, ‘Thanks, but I’m not sure that will work because...’”). Or agree on a look or gesture that quickly communicates to her, “Think of another way to respond!”

Respond respectfully. Demonstrate respect with how you react to her behavior. If you’re

in public, you might pull her aside to keep the matter private. Let her know what she did wrong. Then, explain what will happen if her rudeness continues (your shopping trip will be over, and she won’t get the new shoes she wanted). 👍

Tackling math



No matter how complex high school math becomes, having a plan of attack can simplify it for your teen. Pass on these four steps.

1. Find what is being asked

To understand a problem better, draw a diagram, highlight key words, or remove irrelevant information. Then, rephrase the question in your own words.

2. Choose a strategy

There may be more than one way to approach a problem. You might solve it backward, estimate an answer, or calculate with smaller numbers first.

3. Do the problem

Break it down into steps if it requires more than one

(write an equation, fill in known numbers, identify variables). Show your work on each part so it’s easier to check—and because teachers often require you to show work to get full credit.

$$x^{-6} = \frac{1}{x^6}$$



4. Review your work

Does the answer make sense? If you estimated and the final answer is way off, go back over the steps to check for errors. 👍

Q & A

Does multitasking work?

Q My son scans Twitter and texts his friends while doing homework.

Can he really work effectively when he’s multitasking?

A Experts say most people make more mistakes and take twice as long to finish a job when they multitask. So while your son may feel he’s accomplishing his work without a problem, he could actually be taking longer to complete assignments and not even realize it. Also, he might not be doing them as well as he would otherwise.

To show your son the difference, encourage him to track how long it takes him to do his homework for a week and the number of errors marked when the work is returned. Then, have him do schoolwork for a week with electronic devices turned off and track the same things. He may be surprised by the results. 👍



Parent to Parent

Listen to your teen

As my daughter has gotten older, I’ve noticed that she doesn’t talk to me as much. So when she does feel like chatting, I try to take advantage of the moment and listen to her.

I’ve noticed that it’s best if I do less talking and more listening. Sometimes, if I sit quietly with her, she’ll keep sharing. And other times, I’ll simply ask questions like “What do you think?” or “What would you have done?”

Also, I make an effort to respond with what I think she is saying. The other day she mentioned the school play that she’s going to be in. I said something like, “It sounds like you’re excited about the play but nervous about how you’ll perform.” She said that she was nervous and that she felt a little better just admitting it out loud.

I told her I was looking forward to being part of the audience. And I let her know I’m here to talk about it—or about anything else she wants to share. 👍



OUR PURPOSE

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

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