



# HELLO HIGH SCHOOL!

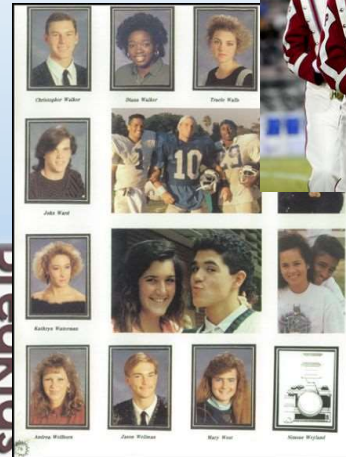
May 18, 2021



## WELCOME TO HIGH SCHOOL

**Where did you go to high school?** What was your favorite class or after-school activity?

**What's something you hope that your child will experience in high school?**



# AGENDA



- What's new? High School vs. middle school
- What Our Teens Need from Us:
  - *Emotional support*
  - *Help getting/staying organized*
- Resources & Communication tools
- Questions / Discussion

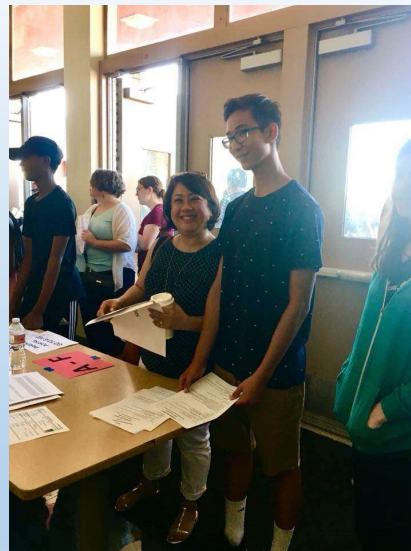


WWW.PENFAMILIES.ORG



## WHAT'S NEW?

The High School  
Difference



WWW.PENFAMILIES.ORG

4

# THE HIGH SCHOOL DIFFERENCE

- Larger campus and class sizes
- There are more academic demands and new teachers
- The workload on kids increases
- Grades start to count in high school!
- From "big" 8<sup>th</sup> grader to "little" 9<sup>th</sup> grader



***Greater independence... more responsibility***

WWW.PENFAMILIES.ORG

5

# HOW OUR TEENS ARE CHANGING

**There are huge changes between the ages of 14 and 18**

## **Some things to expect:**

1. High-schoolers need lots of sleep and food because they're growing fast.
2. Teens start thinking more abstractly, comparing what is to what could be.
3. Friends may become as important to teens as family is.



WWW.PENFAMILIES.ORG

6

# TEEN BRAIN... (STILL) UNDER CONSTRUCTION

## How the Teenage Brain Impacts Behavior\*



The Teenage Brain is being rewired.

The last place to “hard wire” is the frontal lobe, which controls decision-making and impulse control.

The prefrontal cortex is improperly balanced with the emotional part of their brains.

\* Sheryl Gould

WWW.PENFAMILIES.ORG

7



## WHAT THEY NEED FROM US

Scaffolding your  
teenager's growing  
independence



WWW.PENFAMILIES.ORG

8

## WHAT THEY NEED FROM US

### Let them know how much they mean to you

- Build confidence and self-esteem with specific praise and genuine interest
- Ask questions, listen, help them understand their feelings
- Give them chances to demonstrate their competence, but also show your support by giving them what they need (like a snack while they're studying!)



**...and also respect their privacy and stated needs.**

WWW.PENFAMILIES.ORG 9

## WHAT THEY NEED FROM US

### Help practicing basic organizational skills

- Plan Their Week With Them – assignments, projects, rides, etc.
- Clean Out Your Bags Together
- Help Them Unlearn Procrastination
- Set Expectations and Consequences
- Don't Bail Them Out
- Teach Them Organizational Tools



WWW.PENFAMILIES.ORG 10

# TOOLS TO HELP YOU STAY ON TOP OF THINGS

...while helping your teen learn and practice self-advocacy & communications skills



WWW.PENFAMILIES.ORG

11

## STAYING ON TOP OF THINGS

**Canvas** – syllabus, assignments

Communication

- Email
- Aeries (**Parent portal** & Student portal)
- Social media (school/parent-driven)

Encourage/help your student contact the teacher first with questions and concerns.

The school counselor also is a resource



**Teach / encourage your student to advocate for him or herself.**

WWW.PENFAMILIES.ORG

12