

High School YEARS

Working Together for Lifelong Success



Short Clips

Start an "article club"

An article club is a fun alternative to a book club for busy teens. Your child and her friends could take turns picking a topic (animal rights, healthy eating). They can all find related articles to share, then get together to discuss them. They'll think critically as they read and discuss nonfiction.

Cast your ballot

Talk to your high schooler about this month's general election, and explain how you decided who to vote for. If he's old enough to vote (a big milestone for teenagers!), head to the polling place together. Voting for different candidates? Show your child that it's possible to disagree respectfully.

Integrity matters

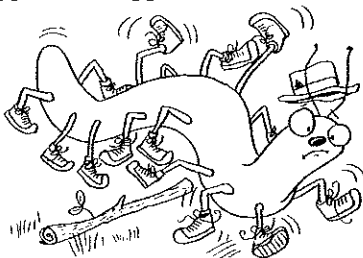
Notice when your teen does the right thing—especially when it would have been easy to do the opposite. Maybe she finds a \$5 bill in the laundry and tries to find out which family member it belongs to. Tell her that she showed integrity by not pocketing the cash herself.

Worth quoting

"A goal is a dream with a deadline."
Napoleon Hill

Just for fun

A centipede was walking through the forest, and there was a twig in his way. He tripped...and tripped and tripped and tripped...



Set teen-friendly boundaries

As your teenager inches toward adulthood, you want to keep him safe—and prepare him to make good decisions when he's on his own. Use these strategies to create rules that work for both of you.

Put things in perspective

At this age, try to focus on big issues related to health and safety, such as alcohol, drugs, and driving. Consider letting go of smaller things like personal style choices or a messy bedroom, for instance. The goal is to pick rules that matter most in the long run.

Check the "fit"

Rules and limits can grow with your child as he gets older. An old rule such as no dating could change to group dating only and eventually to allowing one-on-one dating. Or a weekend curfew that was right for him as a tween might be an hour or so later now that he's a



teenager. Revisit your rules as he displays more (or less) maturity and responsibility.

Keep consequences logical

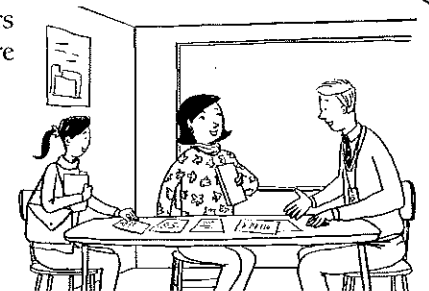
Let your teen experience the real-life consequences of breaking a rule. For example, if he comes home late and is tired the next morning, avoid letting him sleep in. If he gets a speeding ticket, have him pay it, along with any increase in your car insurance. He may think twice the next time he's tempted to stay out late or drive too fast. 👍

Attending parent-teacher conferences

Meeting with your high schooler's teachers helps to set your teen up for success. Here are good reasons to attend fall conferences:

- You'll get first-hand information on how your teenager is doing. For a productive meeting, list any questions and concerns ahead of time. Refer to your list during the meeting to make sure you cover everything.
- You can share insights on any problems at school or home that might affect your teen's performance. For example, dealing with divorce or chronic illness could cause her to struggle with schoolwork or behavior.

Tip: If your high schooler attends the conference, encourage her to ask questions, share her goals, and say if she needs help in a particular area. 👍



The right college for me

Your teen wants to attend college. Great! Now, which one is right for her? She can narrow it down with these steps.

1. Create a wish list. What does your child want in her ideal college? Have her make a list of must-haves, such as “strong engineering program” and “affordable.” Suggest that she also include nice-to-have features like “in a big city” or “warm climate.”



2. Do research. The best place to start is with her school counselor. Then, she could read college brochures and websites and attend college fairs. When possible, visit college campuses together. She might also get insight by talking to current students or recent graduates.

3. Make a spreadsheet. Encourage your high schooler to turn her wish list into a decision-making tool. She can list the features down the first column. As she considers schools, she should create a column for each one and check the appropriate boxes. She'll see at a glance which colleges are good matches for her. 👍

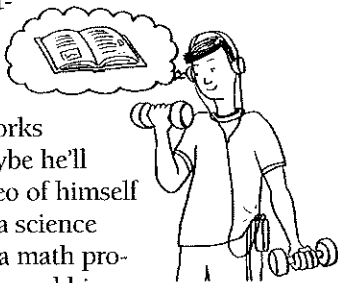


Q & A Smarter study skills

Q My son seems to spend a lot of time studying without really getting anywhere. How can he work more efficiently?

A Encourage your teen to experiment with different study methods to figure out which ones work best for him.

For instance, he might record himself reading textbooks or notes and then listen while he works out. Or maybe he'll make a video of himself explaining a science concept or a math procedure. If he and his friends each film a video, they could share them with each other.



Does he like to draw? Suggest that he create a comic strip based on a historical event or a novel. Or if he enjoys music, perhaps he'll make up a song or a jingle to help him remember important terms or dates. 👍

Parent to Parent

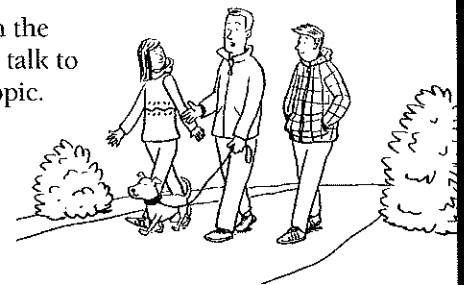
Talking about sexual harassment

With sexual harassment in the headlines these days, I realized I needed to talk to my son and daughter about this difficult topic.

We discussed the types of inappropriate behavior mentioned in news articles, such as unwanted touching, unwelcome comments about people's bodies, and pressure to do things that make you uncomfortable.

We also talked about ways to handle harassment, like finding a trusted friend or calling me for a ride if something happens at a party or on a date. If harassment takes place at school, they should tell the counselor or another trusted adult.

Although this subject wasn't easy to bring up, I'm glad I started the conversation. I plan to keep reminding my children about the importance of respecting other people's bodies and decisions—and about speaking up for themselves if they feel pressured or uncomfortable. 👍



Look at data carefully

The claim: People who own orange cats eat more pizza than those who own black cats.

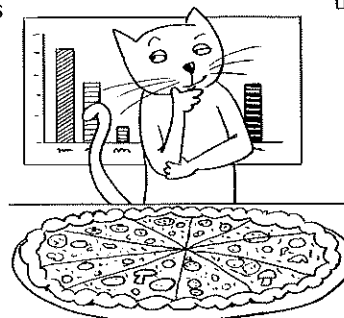
The reality: The color of your cat and the amount of pizza you eat are totally unrelated.

Yet your teen can probably find a graph to support claims as outrageous as that one. Consider holding a “family graph night” where everyone can see that just because a graph indicates a relationship, it doesn't mean that one factor causes another! Here's how.

1. Ask everyone to be on the lookout for newspaper or online graphs that interest them. Your high schooler might find one on clean water by country or on student loan debt by ethnicity, for instance.

2. Pass around the graphs you found, and let family members explain what they “see.” What story does each graph tell?

3. Your teen will realize that you can make different arguments based on the same graph. This will get him used to thinking critically—and help him with data analysis across all subjects. 👍



OUR PURPOSE

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

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