

High School **1** YEARS

Working together for lifelong success

Short Clips

Reference refresher

While using reference books such as dictionaries and encyclopedias, your teen may need a refresher on alphabetization. Challenge him to practice putting words in alphabetical order. Use topics he's interested in, such as lists of favorite musicians or words related to a hobby.

DID YOU KNOW?

Teenagers need at least eight hours of sleep each night—but they may have trouble falling asleep before 10 p.m. Help your high schooler settle down by suggesting restful activities before bed, such as reading or taking a warm bath.

Quick character

Want to teach your child good moral character? Go online and visit www.charactercounts.org/dosdents.htm. You'll find a super chart that covers all the bases and sparks discussion. It lists easy-to-understand dos and don'ts for six key character traits.

Worth quoting

"Success consists of getting up just one more time than you fall."

Oliver Goldsmith

Just for fun

Student: My daughter has a bad cold and won't be able to come to school today.

School staff: Who's this?

Student: This is my mother speaking.



Understanding underachievement

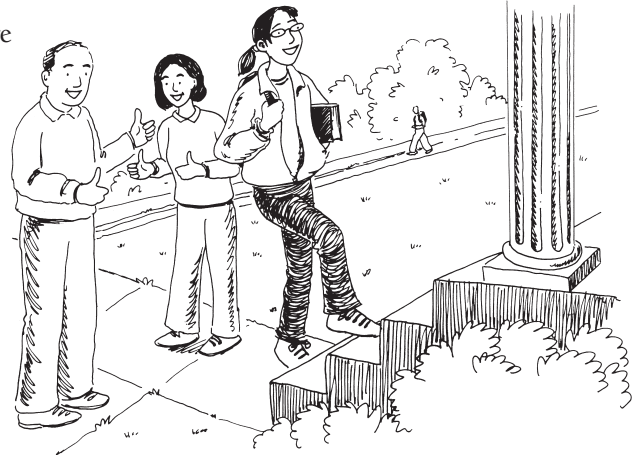
Does your high schooler score well on standardized tests but bring home below-average grades? If you think your teen is performing below potential, take these steps to help turn things around.

Check for causes

There are several reasons kids don't perform as well as they're able. Sometimes teens aren't motivated because they fear failure or lack confidence. In some cases, parents expect grades beyond teens' abilities. Vision or hearing problems, or learning disabilities, may also be to blame. Getting input from your high schooler's teachers will help you zero in on the cause.

Be supportive

Even if she doesn't let on, a teen who's not working on the same level as her peers probably feels bad about it. Assure your high schooler that you believe in her and are available if she needs you. Suggest that she talk with



teachers herself to come up with ways to improve grades. Then, praise her for taking the reins, and keep tabs on her "improvement" plans.

Think teamwork

If necessary, arrange for you and your high schooler to meet with the school counselor and teachers to discuss troublesome classes. Together, come up with a plan to help your teen get a new start. For example, the school may offer peer support programs, in which other students help teens with class work and homework. 👍

Parent involvement ideas

It's a fact: Kids learn more when their parents are involved in their school. Whether you've volunteered before or want to get started, here are some ways to help:

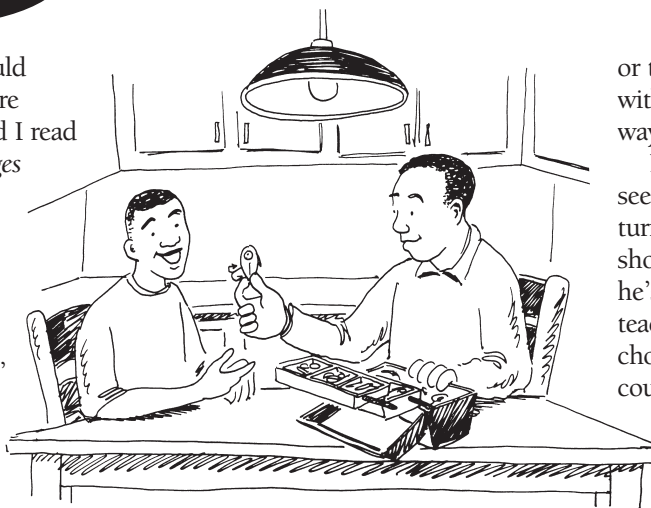
- Create or run a parents' lounge at the school. Stock the area with resource materials, such as books and magazines, and writing supplies.
- Offer to arrange parent gatherings. Invite teachers to bring paperwork or projects that parents can assist them with. Set up evening meetings for working parents.
- Research local organizations to find out what help they offer parents. Share your findings with school administrators.
- Advertise volunteer opportunities within the school. Write volunteer job descriptions and distribute the list to parents. 👍



Parent to Parent Learning "love language"

When my teenage son and I would argue, he used to say, "You don't care about me!" Then, a friend suggested I read a book called *The Five Love Languages of Teenagers* by Gary Chapman. In it, I discovered these ways parents can show love to their teens.

One way is through words of affirmation, such as "I admire your courage." Another is physical touch, like pats on the back or shoulder rubs. Spending quality time talking and just being together is a third way. Also, acts of service, such as making meals for them



or teaching them new skills, and gifts with no strings attached are two more ways to help teenagers feel loved.

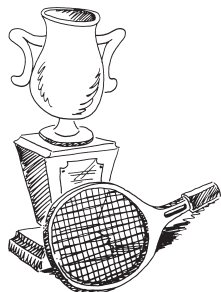
I tried one method each week to see how my son would respond. It turns out he really appreciates my showing him how to do something he's interested in learning. I try to teach him a new skill, like how to choose the right fishing lure, every couple of weeks.

Our relationship is warmer now, and my son seems to know that I really do care. 👍

Playing fair

With sports being more competitive than ever, parents sometimes wonder how to teach the importance of fair play. Share these ideas with your teenager:

▼ Keep in mind that cheating can take many forms: breaking a rule you think is "stupid," deceiving officials to get away with an illegal move, or being dishonest when asked about a play.



▼ Respect for the rules helps preserve the integrity of the sport, gives you and other players a fair chance to win, and encourages behavior that players can be proud of—whether they win or lose.

▼ When you're in a high-pressure situation and feel tempted to cheat, ask yourself, "Would I do this if someone could see me?" 👍

Driven to be safe

Automobile crashes are the leading cause of death among U.S. teenagers. How can you reduce your teen's driving risks?

1. Consider graduated licensing. Like programs set up in many states, you could establish a three-stage program. In stage one, teens must have an adult passenger and can't drive after dark. In stage two, they can have one nonfamily passenger during daytime and must have an adult for night driving. There are no restrictions in stage three.

2. Talk about "drugged" driving. Driving while using marijuana or other drugs is as dangerous as drunk driving. Marijuana can impair reaction time, concentration, and perception. Make it against house rules for your child to drive while high or intoxicated—or to ride with others who are.

3. Maintain the vehicle. Before handing the keys to your high schooler, be sure the vehicle is in safe condition. And remember to perform the routine maintenance recommended for its mileage. 👍



Q & A Stepparents and teens

Q I'm getting remarried soon. How can I help my daughter adjust to her new stepparent?

A Forming a stepfamily during the teen years can be difficult. Try these ideas to make it easier for everyone:

● Let your teen set the pace of the relationship with her stepparent. Encourage your mate not to force the relationship, but to offer what your daughter seems to welcome.

● Take the lead on discipline until their relationship has time to develop.

● Spend time alone with your daughter to reassure her of her importance.

● Hold regular family meetings so each family member has a chance to bring up issues.

Tip: It can take several years for stepfamilies to blend comfortably. Respecting your teen's feelings and keeping communication open will go a long way toward harmony. 👍



OUR PURPOSE

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

Resources for Educators,
a division of Aspen Publishers, Inc.
3035 Valley Avenue, Suite 103, Winchester, VA 22601
(540) 723-0322 • rfeustomer@aspenpubl.com
ISSN 1540-5605