

High School 1 YEARS

Working together for lifelong success

Short Clips

Conferences count

Meeting with your child's teachers lets you know how he's doing and shows that you take his schooling seriously. Beforehand, write down questions to ask. ("How can we get a peer tutor?" or "Does he participate in class?") Keep your teen in the loop by discussing the conference when you get home.

Volunteer together

Volunteer as a family, and you'll help those in need—and bond with your teenager. Browse community bulletin boards and local volunteer Web sites for opportunities. You might serve meals at a soup kitchen, work at an animal adoption fair, or help with activities in a nursing home.

Word problems

Drawing pictures can help your child visualize word problems. For instance, he could sketch two cars that are 200 miles apart and traveling toward each other. He can label each with its speed (40 mph, 60 mph) and write an equation for how long it will take them to meet: $200 \div (60 + 40) = 2$ hours.

Worth quoting

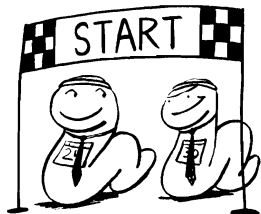
"You must look into people as well as at them."

Lord Chesterfield

Just for fun

Q: What do you get when two silkworms are in a race?

A: A tie!



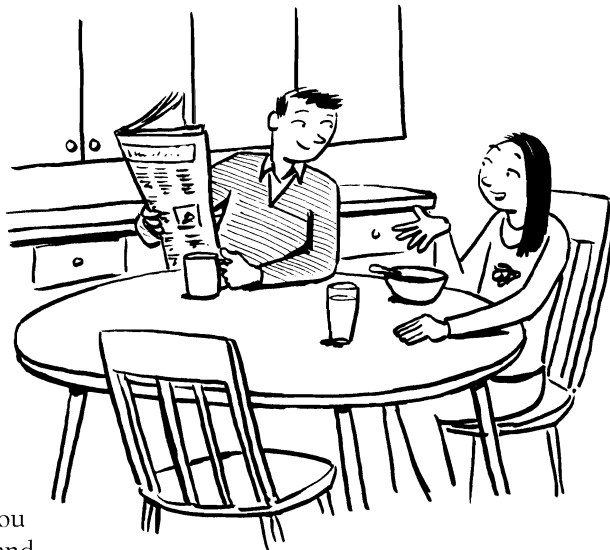
Respecting each other

As your teenager grows older and becomes more independent, her opinions may be different from yours. But the need for respect remains the same. Try to teach her to talk and act respectfully with these suggestions.

State expectations.

One way to show respect is to treat others considerately. Tell your child which behaviors are rude (sarcasm, eye rolling). Then, explain how you'd like her to treat you ("Please use a normal voice and tell me how you feel"). For example, she can say, "I disagree with you" or "I'm upset."

Return the respect. Your teen will respect you more if *she* feels respected. Talking to her as you would another adult is one way you can show respect for her. Ask her opinion about issues (politics, grocery purchases), and let her make decisions when possible. Also, address her directly when she breaks a



rule or does poorly on a test, rather than complaining about her to others.

Start over. When your high schooler is disrespectful, give her a chance to rewind. For example, if she shouts at you, ask her to repeat herself politely. If she continues yelling, let her know you'll talk when she's ready to speak nicely. *Tip:* If she is frequently rude, you might take away privileges such as the use of your car or her cell phone. 👍

Choosing classes

The right class schedule can help your teen have a successful, enjoyable school year. Here are some ideas for him to consider as he picks next year's courses:

- Mapping out the remainder of his high school career will help your child take courses geared toward his future. He'll need to pay special attention to those that have prerequisites (Pre-Calculus before Calculus, Painting I before Painting II).
- When choosing among regular, honors, and AP classes, your teen should consider how he's doing right now. If he's doing well in regular English, for example, he may want to try honors English. Encourage him to balance the load by taking a few harder courses along with an easier elective or two. 👍



Homework time

What is your teen's homework ritual like? Perhaps he works at the kitchen table right after school or studies on his bed at night. No matter where or when he does homework, these tips can make things easier.

Set priorities. Each evening, your child will need to decide which homework to tackle first. He might go subject by subject, reading textbooks and going over his notes and then doing written assignments. When tomorrow's assignments are complete, he can work on long-term projects.

Get focused. Taking out books and supplies for one subject at a time will help your high schooler concentrate



on the assignment at hand. Setting a deadline for completing each task can also help him stay focused ("I'll finish my history questions by 7:30").

Look it over. Your teenager should always review his homework before putting it into his backpack. For instance, he should proofread journal entries and chapter summaries and double-check algebra problems and chemistry equations. This is especially important if it's getting late and he's tired. 👍

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Prescription for danger

Prescription drugs are abused by children more often than any other drug except marijuana. They can be easier for teenagers to find, and teens might see them as safer since they're prescribed by doctors.

Explain to your child that any drug can be dangerous if it's prescribed for someone else, she takes too much, or she combines it with another drug. Commonly abused prescriptions include stimulants like ADHD medication and cough syrup, painkillers such as codeine or oxycodone, and depressants like sleeping pills and tranquilizers.



Be sure to store these and other drugs in a locked cabinet. Also, know which ones you have and how much of each is left. You might ask her friends' parents to do the same, since teens sometimes share medicines they find at home. 👍

Q & A

Facebook or face-to-face?

Q My son chats with friends using instant messaging, texting, and Facebook. Should I worry that he does so little talking in person?

A Teens love to conduct their social lives electronically. They use computers and cell phones to make plans, gossip, and even break up! And while these communication methods are efficient, they also have drawbacks.

For one thing, typed words can be misinterpreted. In person, you can often tell that someone is kidding by his tone of voice and body language. Also, teens may type hurtful things without thinking. It's easier to be harsh when the person isn't standing in front of you.

Encourage your child to have some conversations in person, especially when he needs to discuss something serious. He'll keep his social skills sharp and his relationships strong. 👍



Parent to Parent Family chores

My daughter always dragged her feet when it was time to take out the trash or unload the dishwasher.

Then, one day a friend mentioned that she had come up with a good way to get her teenager to help around the house. She said she had discovered that doing chores as a family kept everyone motivated. They started working together for

15 minutes every evening after dinner, and the house got cleaned up.

I decided to try it. The next night after dinner, I set the stove timer for 15 minutes, and everyone worked to clear the table, do the dishes, and take out the trash. We were all surprised by how easy it was. Now it's a nightly ritual, and no one has to do chores alone. 👍



OUR PURPOSE

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

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