

High School **1** YEARS

Working together for lifelong success

Short Clips

Lesson in tolerance

When your high schooler or someone else makes a negative comment about a person of a different race or culture, speak out. If your child sees you take a stand against prejudice, she'll be more apt to do the same.

Center stage

Next time your teen has to give a class presentation, share these tips. Instead of looking people in the eye, he can gaze at their foreheads. He'll appear to be making eye contact but won't feel everyone staring at him. Or suggest that he find a friendly face and concentrate on that person.

Cell phone tip

Has your teenager ever left her cell phone behind or had the battery go dead while she's out? Store the cell phone numbers of her friends in your cell phone. That way, if your child's not answering, you can try getting in touch through her friends' phones.

Worth quoting

"Though no one can go back and make a brand-new start, anyone can start from now and make a brand-new ending."

Carl Bard

Just for fun

Student: I've done this math problem five times.

Teacher: Good work!

Student: Here are my five answers.



Stress busters

The pressure's on for today's teens: Challenging classes, college competition, peer pressure, and schedule overload can all spell stress. In fact, two-thirds of teenagers say they feel stressed at least once a week. The good news? Parents can do a lot to help teens cope.

Practice prevention

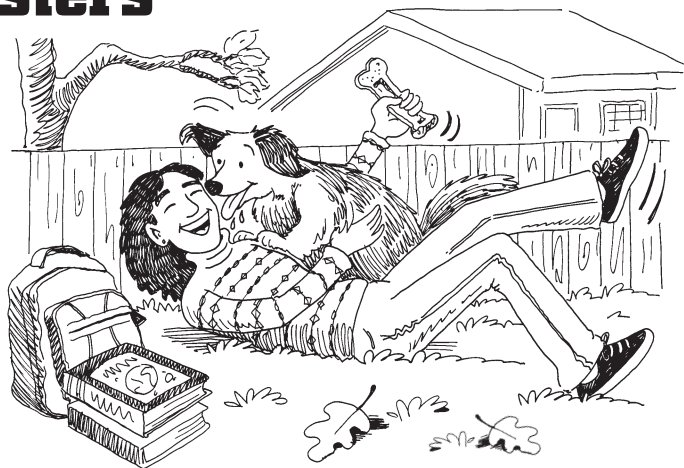
When your child is *not* stressed, talk about ways she can prevent anxiety from building up. Suggest that she plan "buffer" time each day for relaxing, such as playing with a pet or leafing through magazines. Also, encourage her to get enough sleep and eat well (nutritious food, three meals a day). If she takes care of herself, she'll be able to handle stress better.

Promote problem solving

Solving everyday problems will give your high schooler confidence to tackle tougher issues. For example, if she can resolve a problem with a friend or handle a difficult boss, she'll realize she can deal with life's obstacles. Let your child know you believe in her ("I bet you can think of a solution"). If she seems stuck, offer to brainstorm ("Let's put our heads together").

Spread the support

When teens feel anxious, talking things over can help. Let your child know she can turn to you anytime—and give her permission to seek advice from other



responsible adults. Her support system might include neighbors, relatives, clergy, teachers, guidance counselors, or activity advisors.

Note: If your teenager shows signs of severe stress, such as headaches, upset stomach, extreme irritability, or sleeping problems, consult her doctor. 👍

Smart study checklist

With the school year well under way, now is a good time for your teenager to check his study habits. Ask him to review this quick list:

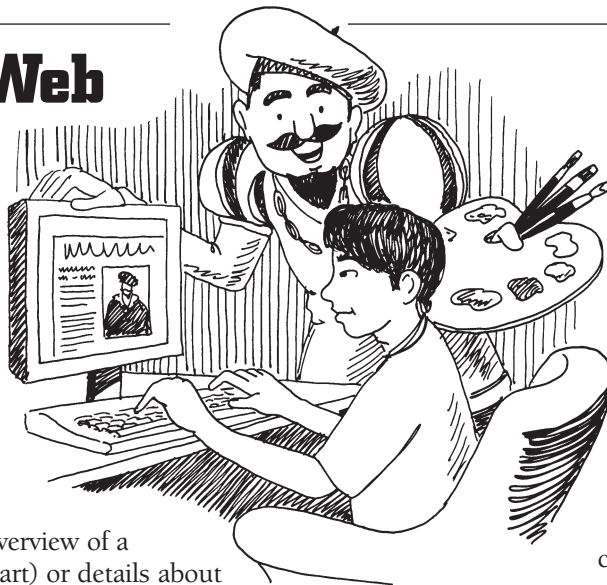
- I decide ahead of time when I'm going to study.
- I keep supplies in one place so I don't have to hunt for them.
- I take a 10-minute activity break (walk around the block, do jumping jacks) every hour to keep my mind fresh.
- I tackle big projects one small step at a time.
- I take care of hard assignments first so I don't avoid them.
- I quiz myself as I go to see if I remember important information. 👍



The art of Web searching

The Internet gives your child 24/7 access to research. As with any powerful tool, though, he needs to know how to use it to get good results. Try these four steps:

1. Encourage your high schooler to start by identifying the kind of information required. Does he need an overview of a broad subject (16th-century art) or details about a narrower topic (Michelangelo)? Knowing the scope of his research will help him determine how to search.

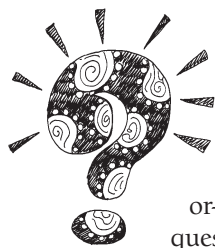


- 2.** Suggest that he think about the words and phrases that might be in documents he needs (Renaissance, sculpture). Then, he can plug those terms into search engines like Google, Yahoo, MSN, and AOL. *Tip:* For more targeted results, he should put phrases in quotes (“16th-century artists”).
- 3.** Have your teen look over the Web pages that come up. He will find new ideas to explore (Italian Renaissance, Sistine Chapel).
- 4.** Encourage him to check for lists of Web links on his topic. For instance, a search for “art history Web directories” will lead your child to new sources of information.

Note: Monitor your teen while he’s on the computer to make sure he avoids inappropriate sites. 👍

Catchy conversation starters

Does your teen have plenty to say when “texting” her friends—but mum’s



the word when talking with you? Try asking intriguing questions. You’ll get more than yes-or-no answers with questions like these:

- ?** “If your life were a movie, what would the plot be, and who would play your part?”
- ?** “If you became president, what’s the first thing you would do?”
- ?** “What is your idea of a perfect day?”
- ?** “If you were stranded on a desert island, what one book, movie, or CD would you want to have with you?”
- ?** “If you could go out to dinner with a famous person from history, who would it be, and what would you ask him or her?”
- ?** “What three things would you take if we had two minutes to evacuate our house?” 👍

OUR PURPOSE

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

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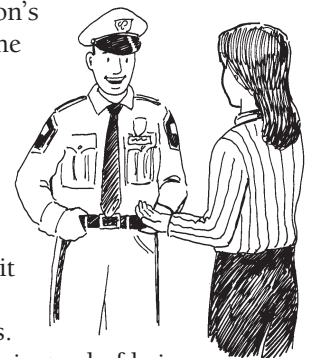
Parent to Parent Avoiding gangs

I was so worried when I heard there were gangs in my son’s school. I decided to talk to the school security officer, and he gave me some good advice.

Officer Bryant advised me to get to know my son’s friends and, if possible, their parents. Then, he suggested that I talk to Danny. We started by discussing the signs of gangs, such as wearing certain clothing and colors and using special symbols. I explained to him that being in a gang is very dangerous because gang members often commit crimes and use drugs.

Finally, we discussed ways that Danny could avoid gangs. He said he could join in activities and hang with his friends instead of being alone at school. We also agreed that he wouldn’t be unsupervised on the streets and that I would know where he is at all times.

I’m relieved that Danny and I talked—and I think he is, too. 👍



Q & A Be self-sufficient

Q My teenager expects me to do things for her that I think she should do for herself. How can I get her to be more independent?

A Pinpoint a task that you want your teen to take over. Make sure it’s something she can handle. For example, if you expect her to wash her sports uniform, explain what she needs to do,

and let her know that you won’t be responsible for it anymore.

Then, forget about it. Tell yourself that whether your child’s uniform is clean or dirty is no longer your problem. If she doesn’t wash it, she’ll find out what will happen (she’ll wear a dirty uniform, or sit on the bench if she doesn’t have it). Dealing with the outcome is likely to motivate your daughter into action next time. 👍

