

Supporting Your Middle School Student



Parent Orientation

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Understanding the Developmental Stage of Adolescence

Adolescence is that span of years during which boys and girls move from childhood to adulthood **cognitively, emotionally, socially** and **physically**. The teenage years can be a roller-coaster ride for both parents and teens.

We will highlight a few things to expect and some ideas on how to continue to love and support this new person in your household.



Teen Brain



The primary developmental task of a teenager is to achieve



- Personal power vs parental control

Supporting Independence With Academics

- Support your student in becoming a self-advocate as much as possible
- Help your student see the connection between actions (or inaction) & positive or negative consequences of their actions (or inaction)



TEENAGER

noun 1. Someone who is ready for the zombie apocalypse but not ready for the math test tomorrow.



Young adolescents are not **forgetful** on purpose

- Their minds are preoccupied with issues
- Encourage them to keep their agenda updated, and help them keep their room clean by working with them
- Avoid nagging – but expect to help
- Impose a scheduled time for certain tasks, including homework
- Homework time ends with packing the backpack and planning for the next day

Teens may be **irritable and moody** due to the changes internally and the increased stresses in their lives

- Remember, feelings are not right or wrong
- Parent calmness counters teen emotionality
- Don't let your teen's moods rule your moods
- Less sleep = increased moodiness



Teens entering middle school feel extremely **self-conscious**

- They are anxious
- They do not want to be different
- They are “dying of embarrassment” on a regular basis!
- Focus on their strengths
- Empathize





Peer relationships will become the center of your teen's life

- Needing to belong/being accepted is a priority
- Being seen in the company of their parents may not be “cool”
- Your child needs to be with peers, but only in a supervised environment
- Teens are often impulsive and subject to “group think”
- Role-play possible situations with your teen, and talk about choices and ways to get out of potentially dangerous situations

TEEN-AGE MOUSE

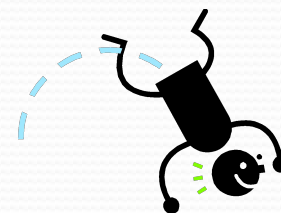
I CAN TOTALLY
GET AWAY
WITH THIS!



Overcoming obstacles gives children confidence and a sense of their own abilities.

Become a “helpful consultant”

- One way to achieve this is learning to be an **active listener**
- Validate their reality and separateness as a person
- Clarify and restate, reflect feelings, summarize



Tips for the First Week of School

Student Schedules

- All students receive their schedule the first day of school. Students can pick them up as early as 7:45 a.m.
- Students who requested Zero Period will be notified ahead of time.
- Contact me for level change requests; no changes can be made after the 4th week of school
- No teacher changes based upon student/parent preference or so students can be with friends

I am here to help!

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