

High School YEARS

Working Together for Lifelong Success



Short Clips

Listen up!

Listening is an important part of a high school student's day in class. Encourage your teen to be an attentive listener by remembering the acronym SOLER. She should Squarely face the teacher, Open her posture by uncrossing her arms, Lean in a bit to show interest, make Eye contact, and Relax.

Promote problem solving

As your child approaches adulthood, you might think of yourself as a "consultant." Instead of telling him what to do, pose questions to help him problem solve for himself. For instance, rather than saying, "You should start your project now," you could ask, "How can you schedule your time to finish your project by Friday?"

Be a parent volunteer

Reach out to your teenager's school to find out how you can volunteer. They may need parents to speak at a career night, chaperone a dance, or serve on a parent committee. Let your high schooler know about your involvement—she'll see that her school is important to you.

Worth quoting

"The future belongs to those who believe in the beauty of their dreams."

Eleanor Roosevelt

Just for fun

Q: What's the worst thing that can happen to a geography teacher?

A: Getting lost.



Respect for others, respect for yourself

What does it mean to be respectful? Talk with your high schooler about these key building blocks of respect.

Respectful language

Kind, thoughtful words convey respect. Sometimes your teen might make a comment that sounds disrespectful ("Why would you do that?"), even if that wasn't his intention. Or he may lace otherwise kind words with sarcasm ("Nice going, Jim"). Let him know that he should think about both what he says and how he says it. He might not realize how his choice of words and his tone affect others.

Behaving respectfully

The saying "Actions speak louder than words" is true when it comes to respect. Your teenager can show respect in many ways: by using good manners, giving off positive vibes with his body language (smiling, nodding), and obeying rules.



Idea: Your actions count, too. Model respect in front of your child every day (treating cashiers with respect for the job they're doing, for example).

Self-respect

If your teen respects himself, he's likely to make better choices. That's why it's important that he set boundaries, stick to his values, and practice positive self-talk. **Idea:** Suggest that he treat himself the way he'd like his friends to treat him. He'd feel hurt if a friend called him a loser, so he shouldn't think or talk that way about himself. 👍

Motivated to write nonfiction

Much of the writing your teenager does in her classes is nonfiction. Suggest these real-life activities for extra practice.

■ **Op-ed pieces.** Is your teen passionate about solving the homeless problem or ending bullying? She might pen a letter to the editor of the town or school newspaper with suggestions for how to help.

■ **Grant proposals.** Your high schooler could get funding for a group she's involved in or for a community organization she cares about. Encourage her to talk to her school counselor or see ysa.org/grants for ideas. 👍

