

# Parenting Conversations

-A SHS Student Services Webinar Event-  
Tuesday, October 20



# Introduction To Our Presenters!

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Counselor



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Counselor



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School Psychologist



Mara Grujanac  
Parent Engagement  
Coordinator



# Topics for This Evening's Webinar...

**01**

The Importance Of  
Communication  
Between Adults And  
Teens

**02**

Strategies For  
Communicating With  
Teens

**03**

Parenting  
Conversations in  
2020

**04**

Let's Talk About Your  
Future Night





**01**

The Importance Of  
Communication  
Between Adults And  
Teens

Are you  
feeling....

Disconnected from your child?

Frustrated because you don't know what is going on with  
your child?

Like you just can't get on the same page?

*Are you hoping to improve your relationship with your child?*



# Communication



# Easy Pitfalls...

“There is no time!”

“They seem fine. They said they are fine.”

“They will come to me if they need me.”

“They know I care.”

“There’s nothing to be upset about.”

“ They don’t listen to me.”



# Benefits of Communication

- ★ Good communication skills will benefit children for their entire lives.
- ★ Effective communication can help you both feel happier and more connected in your relationship
- ★ The key to building a positive relationship and sorting out any communication difficulties with your teenager is to keep the channels of communication open.
- ★ The ability to connect when it really matters is often based on the ability to connect when it doesn't. The way you relate to them in day-to-day life will make it easier - or harder - to sort out the major issues.
- ★ Your teenager still needs to know you are interested and watchful; that you care and are on their side, even if you don't always agree with them.



# What Is Effective Communication?



You give each other your undivided attention



You both feel safe. You are able to talk freely about your feelings, and you feel heard and understood.



You talk about all the little stuff, and you feel comfortable talking about the tough stuff when you need to



You have a close and easy way of sharing things, and you both know you won't be judged because you love and care about each other.



Check your biases and judgements.





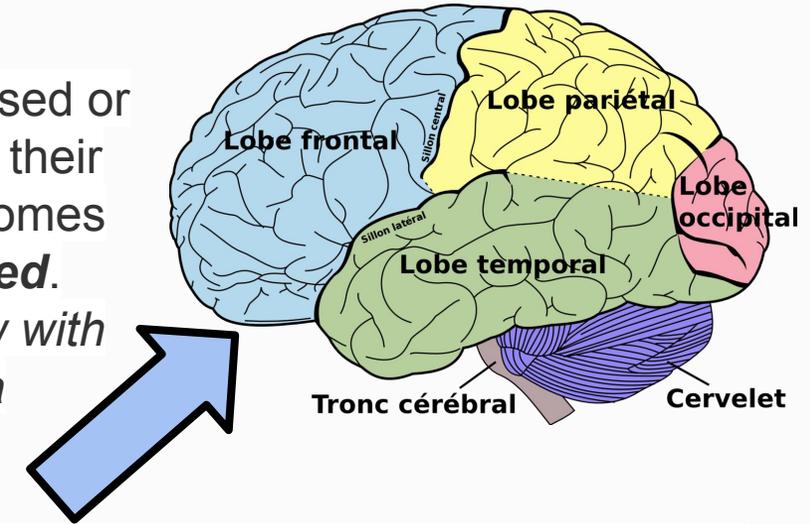
Strategies For  
Communicating With  
Teens

## Strategy 1: KNOW YOUR AUDIENCE



Brain scans show clearly that the **human brain is not fully finished developing until age 25**. At the age of 18, the average teen brain is only **halfway** through the process of maturity.

When teens are stressed or exposed to instability, their ability to function becomes **even more diminished**. (2011, NPR. *Interview with neuroscientist Sandra Aamodt.*)



**Frontal Lobe: last to develop; houses ability to make sound decisions and manage intense emotions.**

## Strategy 2: BE A GOOD OVEN

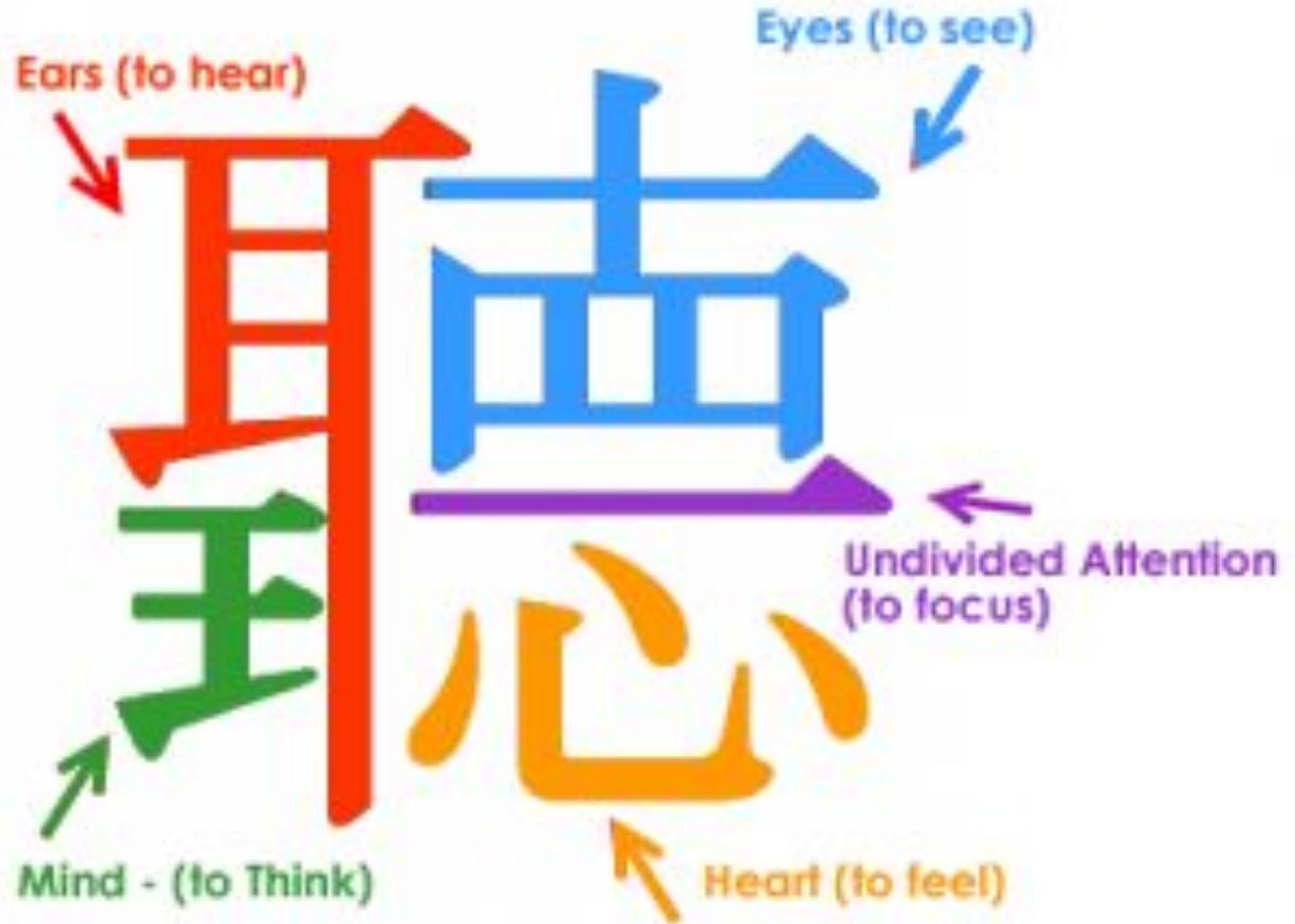
Create an environment for growth ...

Open communication. \* LISTENING WITH UNCONDITIONAL POSITIVE REGARD

Judgement Free Zone. Mistakes are expected and learned from together. Relationship remains open and positive. *Consequences and discipline still important, but without shame or blame.*

Model "Adulthood".... Manage emotions and difficult situations in front of them.

Chinese character for the word "Listen"





## Aim For...

## Avoid...

Undivided Attention: One Child, One Moment, One Focus	Multi-tasking
Proper Time and Place; Private	Other siblings, peers, or people; busy atmosphere
Empathy and Emotional Support	Judgement or Advice-Giving
Open Ended Questions..... "I'm Curious...."	Closed or Yes/No Questions
Acknowledging Positive Choices / Thoughts	Focusing On Negative Choices ONLY
Use I Messages / Use yourself as an example or model	Starting sentences with "You"



***Effective Communication Improves Relationships***

## Scheduling a Good Time/Place

- ★ Hey, I've been missing you lately. We've been so busy. Is there a time today or tomorrow when we can touch base?
- ★ Is this a good time to talk?
- ★ I'm thinking about walking the dog - do you want to come?

## Starting the Conversation

- ★ Something crazy happened to me today... (share a story)
- ★ I was thinking about you today....How did practice go?
- ★ I've been meaning to check in with you. How has (work/school/life) been going for you lately?

## Going Deeper

- ★ Let me see if I've got this straight.... (Summarize)
- ★ That's a tough situation. How did you feel?
- ★ I went through a similar situation once...I remember feeling \_\_\_\_\_.
- ★ What are you thinking about doing? What are your options?



**03**

Parenting  
Conversations in 2020



## Figuring Out What's Up with Your Teen?

- Doom & gloom?
- Fear or uncertainty?
- Diminished interest in school?
- Mood swings?
- Social anxiety?
- Changes in appearance or behaviors?
- Sleeping problems?
- Media overload?
- Zoom fatigue?
- Withdrawal?

## Have a Conversation about the Issue

- Determine a conversation starter.
- Validate feelings & challenges
- Parents may be setting the tone in the household.
- Open-ended q's
- How are you on a scale of 1 - 10?
- Relay messages that convey a brighter future lies ahead

## Talk about the Positives

- Identify supportive people & spaces
- Enlist grandparents who can help to scale issues.
- Breakdown what we can control vs. what we can't
- Encourage gratitude
- Find projects: declutter & donate!

## Cultivate Healthy Habits

- Parents can model self-care
- Limit exposure to TV, news & social media
- Find ways to connect kids with other adults who can provide support.
- Celebrate achievements & promote family cultural events

## Collaborate & Plan

- [www.d125.org](http://www.d125.org)
- [Contact your SST](#)
- [Support groups](#)
- [Co-curriculars](#)
- [Community resources](#)

# Self-Advocacy, Positive Coping & Resilience

## Factors that Increase Resiliency

- modeling a positive attitude
- correcting negative self-talk
- being optimistic about the future
- promoting the ability to regulate emotions
- seeing failure as a form of helpful feedback
- promoting self-efficacy. Teens are capable! Resist stepping in too soon.

## Fostering Optimism & Cultivating Responsible Decision-Making

- embrace challenges as a means of learning.
- getting it done is what matters. Most tasks don't require perfection. Focus on completion, rather than perfection. Look out for "Stuck" behaviors!
- encourage them to stay calm, listen and think things through
- encourage teens to identify triggers and to use coping skills
- write a list of pros and cons so they can see workable solutions & make choices
- support them in listening to their instincts, feelings and opinions
- help the teen set realistic goals

## Fostering Independence

- being independent at home – learning to cook, clean, do laundry & manage money
- managing their time – being responsible for their schedule, study time, work time, fun time
- being confident in the outside world – meeting people and dealing with new situations
- allowing teens more responsibility and freedom, with boundaries of course
- prioritizing tasks just like adults. Aim to create balance.
- allowing a teen to experience discomfort before rescuing him or her from a difficult situation



# How To Talk About Grades



## To Check Grades: [irc.d125.org](https://irc.d125.org)

- Parents sign in with their IC sign in information to check grades
- Student progress will be posted & updated by teachers at least once weekly
- Allow the student the autonomy to monitor his/her own progress
- Decide as a family how often parents should have a conversation with student about grades. (monthly?)
- Encourage the student to advocate for himself
- Encourage the student to seek support outside of the classroom
- Parents can call or email the teacher with any questions about student progress or grades
- To understand grading practices: [shsgrading.com](https://shsgrading.com)

## To Check Classwork: [Canvas](#)

- Where each student's course is housed
- Course syllabi, support videos and practice materials for each course can be found on the course Canvas page
- Students will use their d125 email account and password to log into Canvas
- Parents can sign up to be an observer on [Canvas for Parents](#)

## [Grading@SHS according to Mr. Troy Gobble, Principal](#)

[Part 1](#)

[Part 2](#)

[Part 3](#)

[Part 4](#)

**04**

Let's Talk About Your  
Future Night



**Let's Talk About Your Future**  
**A No Homework Night on Oct. 21, 2020**





Packing List.  
See pages 4-5 for  
SHS graduation  
requirements.



Packing List.  
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Check out videos on  
SHS technology courses:  
<https://sites.google.com/d125.org/shsteched>



READY • SET • GO!  
Throughout the game,  
keep your Coursebook  
handy for reference.

**Start**  
Simply advance  
squares after  
responding to each  
question.

**STEVENSON PATRIOTS**

**Looking  
back**

**ASK THE ADULT:**  
What were your favorite  
high school classes?  
Why?

**ASK THE STUDENT:**  
In the last five years what  
classes have been your  
favorite classes?

**ASK THE ADULT:**  
In the last 5 years what  
accomplishments are  
you most proud of?

**ASK THE STUDENT:**  
Who are the key players  
in your educational  
journey so far?

**ASK THE ADULT:**  
What advice would  
you give to your  
high school self?

**ASK THE STUDENT:**  
Which classes have most  
challenged you to grow  
as a learner?

Let's **TALK**  
about Your **FUTURE**

A FAMILY DISCUSSION BOARD GAME TO HELP  
STUDENTS PLAN THEIR FUTURE

**enter for  
A CHANCE TO WIN!**

Show us how this discussion night  
inspires your future course choices.  
Send in a photo, video clip or short paragraph showing  
how this discussion night inspired your future course  
choices. We'll then enter you in a raffle to win one of our  
\$25 Amazon gift cards. Email: [SHSMYfuture@d125.org](mailto:SHSMYfuture@d125.org)  
(Submissions may be shared on SHS social media.)

Watch videos on  
SHS visual arts,  
dance, music and  
theatre programs at  
[www.d125.org/arts](http://www.d125.org/arts)



Explore your creative side,  
relieve stress and discover  
new ways to express yourself.  
Check out the array of Fine  
Arts courses on pages 50-68.

**the  
present**



Applied Arts courses link  
personal interests with  
daily life experiences and  
future career opportunities.  
See pages 18-27.

**ASK THE ADULT:**  
How do you feel about  
your academic performance  
during your learning  
this year?

**ASK THE STUDENT:**  
Which classes have most  
challenged you to grow  
as a learner?

**ASK THE STUDENT:**  
How do you feel about  
your academic performance  
during remote learning  
this year?

**ASK THE ADULT:**  
What were your favorite  
high school classes?  
Why?



Map out your four years  
with the 4-Year Course Plan  
Worksheet on page 119.

**ASK THE ADULT:**  
When do you see me happiest?  
What three adjectives would  
you use to describe me?

**ASK THE STUDENT:**  
What is an unexpected positive that  
came from remote learning this year?  
(academic and/or non-academic?)

**ASK THE ADULT:**  
What SHS club or sport  
would you like to see  
me pursue?

**ASK THE STUDENT:**  
If you had to jump  
into a career today,  
what would it be?

**ASK THE ADULT:**  
Based on my interests  
and passions, what careers  
do you think would be  
rewarding for me?

**ASK THE STUDENT:**  
Where do you see yourself  
in five years?

**ASK THE ADULT:**  
Where do you see me in  
five years?

**ASK THE STUDENT:**  
How do you define a  
good/successful life?

**ASK THE ADULT:**  
How will your courses for  
next year prepare you for your  
goals after high school?

**ASK THE STUDENT:**  
How do you want to  
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**ASK THE ADULT:**  
Where do you see me in  
five years?

**ASK THE STUDENT:**  
How do you want to  
impact your community  
and/or the world?

## *Instead of....*

## *Try.....*

You should take \_\_\_\_\_ class because it will be good for college?

What classes can you take that would help you explore your interests or align with your career goals?

You've always seemed to do well in math, why don't you take more classes like that?

What classes have interested you in the past?

I heard from this parent that their child liked \_\_\_\_\_ class. Maybe try that out?

Who is a reliable source that you can you talk to get more information about a specific class?



## Other resources you can use to help in conversations about your student's Future:

-Naviance

<https://www.d125.org/parents/naviance>

-Big Future

<https://bigfuture.collegeboard.org/>

-Student Activities List

<https://www.d125.org/students/activities>

-4 year course plan worksheet

<https://resources.finalsite.net/images/v1602809914/d125org/smje22s7fd3vh7gyvixp/>

[Four-YearCoursePlanWorksheet21-22.pdf](https://resources.finalsite.net/images/v1602809914/d125org/smje22s7fd3vh7gyvixp/Four-YearCoursePlanWorksheet21-22.pdf)





Q&A