



Life Changes and Adjustments

Sponsored by Charles County Public Schools'

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Charles County Public Schools

Presenters and Objectives

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- School Psychologist
- Thomas Stone High School

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➤ In this workshop, you will learn about how to cope with changes from the viewpoint of your child.

➤ This workshop is designed to help you connect with your student as they look at the way they see themselves and the world around them.



Change is everywhere and can be hard. However, everyone goes through it.

Change is constant and learning how to handle change is a learning process.

Examples of big changes:

- moving to online learning,
- wearing a mask
- moving away
- divorce
- graduating from school
- loss of a loved one

Smaller changes may be:

- a hair cut
- the weather
- your mood
- a different schedule
- a new teacher



Change ALWAYS Happens



Unhealthy Ways To Deal With Change

- Taking stress out on others
- Harming self
- Having a negative frame of mind
- Turning to outside sources such as food



Top Helpful Ways Your Teen Can Navigate Change

- Accept that change is happening.
- Remember that not all change is bad.
- Take care of yourself.
- Make sure you have support or someone you can talk to.
- Stay away from harmful technology.
- Think of the good things that could happen as a result.
- Think of things that may change for the better in YOU.
- Stick with a routine.
- Go easy on yourself.
- Do things that feel good.



**KNOWING HOW TO GET THROUGH CHANGE IN A
HEALTHY WAY CAN MAKE A HUGE DIFFERENCE IN
HOW WE GROW, THINK, AND BELIEVE.**



REMEMBER, CHANGE HAPPENS EVERY DAY.

You can manage it,
learn from it, and
be your best self.

Hold your head up
high, take a deep
breath, use your
skills, and keep
moving forward.



TALKING POINTS WITH YOUR TEEN



- Maintain a compassionate and quiet tone of voice
 - anything else may escalate them.
- Talk to them when they're not in front of others.
- Do not compare them to their siblings or peers.
- Ask a lot of questions - never assume you know what they are going through.
- Let THEM figure out their solutions.
 - It will bring them even more confidence and help them believe that they CAN do it.



Contact Information

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