

SUPPORTING YOUR TEENAGER THROUGH THE TRANSITION TO HIGH SCHOOL

RESOURCES IN THE SCHOOL

- Guidance Counsellor
- Vice-principal
- Child and youth worker
- Social worker
- Teachers
- Special Education Department
- Student Success Team

OUTSIDE SOURCES IN THE SCHOOL

- WCC—Woolwich Counselling
 - Sue Martel
- Police Liaison Officer
- Ray of Hope
 - Gerry McLellan

SOCIAL MEDIA & YOUR TEENAGER

- You should know what your child is doing on-line
- You are not violating their privacy—especially if you are paying for the phone
- Your child's safety should be your number one concern
- Do some research on the latest apps and trends



POSITIVES OF SOCIAL MEDIA

A study in Pediatrics (2011) revealed that teens use social media in a positive way to:

- connect with people with shared interests
- learn about people with varied backgrounds
- enhance their creativity by sharing musical and artistic projects
- expand their ideas by creating blogs, videos, and podcasts
- collaborate on school projects outside of class

UNACCEPTABLE BEHAVIOUR

- Cyberbullying
 - ▶ School boundaries & legal ramifications
- Sexting
 - ▶ Not anonymous, does not disappear, legal ramifications
- Uploading inappropriate pictures
 - ▶ Picture never disappears
- Privacy Issues
 - ▶ Digital footprint

PROMOTE PROPER USE OF SOCIAL MEDIA

- Parents place restrictions on social media
- Phone does not go into the bedroom at night with the teenager
- No phone use at the dinner table
- Parents view their child's accounts and posts
- Parents reinforce proper use of social media
- Parents reinforce school rules about cell phone use
- Parents need to be aware of various social media sites their teenagers use

TIPS FOR SUCCESS IN HIGH SCHOOL

- Ensure your child does homework every night even if it is 15 minutes of review or reading
- Ensure your child gets 8 hours of sleep
- Know who your child's friends are
- Be aware of any changes in your child's behaviour
- Realize they are young and they are going to make mistakes
- Keep in contact with the school
- Continue to communicate and connect with your child

KNOWLEDGE + COMMUNICATION

= SUCCESS

- You are on the road to success by attending tonight
- Visit the EDSS website to get the latest news
- Keep the lines of communication open with your teen
- Contact the school if you have any questions or concerns

EDSS GIRLS NIGHT OUT

April 16, 2015

6:00-9:00 pm

Kate Whitfield—Inspirational Keynote speaker

Interactive Workshop

Sponsored by the EDSS leadership class for all girls

Grades 8-12

SOURCES

www.pediatrics.org/cgi/doi/10.1542/peds.2011-0054

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