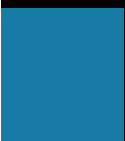







PARENT TOOL KIT



TEEN EDITION



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The Council of Ontario Directors of Education has developed this *Parent Support and Encouragement Kit* to help parents support and encourage teens.

The support that you currently provide your child continues to play a major role in your teen's success in school and the years to come. Studies confirm that your ongoing support at home strongly influences student achievement, credits completed and school completion.

Parents, students and educators from Ontario's English and French language school boards have helped create this *Kit* by participating in consultations and in writing content.

This document is a supplement to a kit called *Parent Support and Encouragement Kit*, which includes the original *Parent Support and Encouragement Kit* and a guidebook, entitled *Parent Support and Encouragement Kit: A Guide for Parents*. This kit was previously developed and distributed to Ontario schools and serves as a support to parents, parent groups and schools. The guidebook will support your use of this document — *Parent Support and Encouragement Kit* 10 (/)





How to communicate with your
teen without a lot of stress

page6

Keeping up on what is
happening at school

page12

Supporting your teen in wanting
more independence and freedom

page22

Find strategies and resources
to help you support your teen's
well-being

page28

Information on teen use
of technology

page38

Resources to help plan life
after secondary school

page46

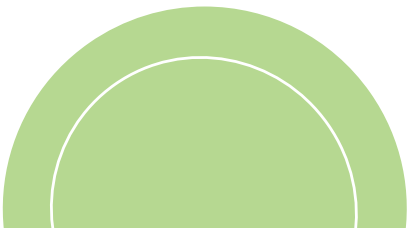
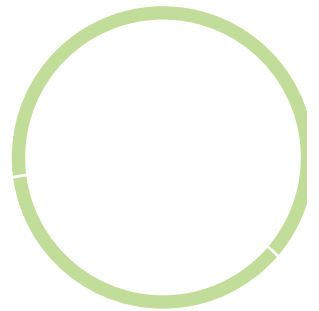
Thank you to all contributors

page56

The teenage years can be one of the most challenging times for students. Your teen's need for independence, the influence of friends, media and technology












Make communication a two-way street



In talking with your teen, it is important to keep an open mind.

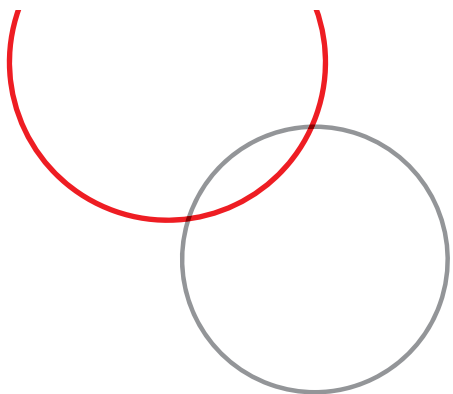
The world has changed in many ways since you were a teen. That doesn't mean that you can't help your teen in dealing with online safety and the use of social media. Your teen may be able to teach you a few things about them. Go online and learn more about the media sites your teens use. Open your

own Facebook account and read the Kids Help Phone page at



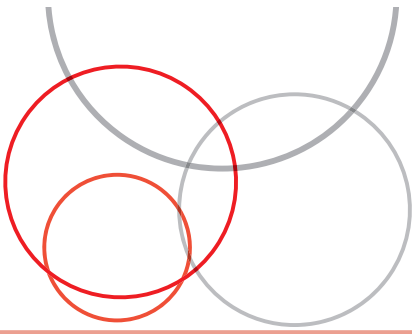


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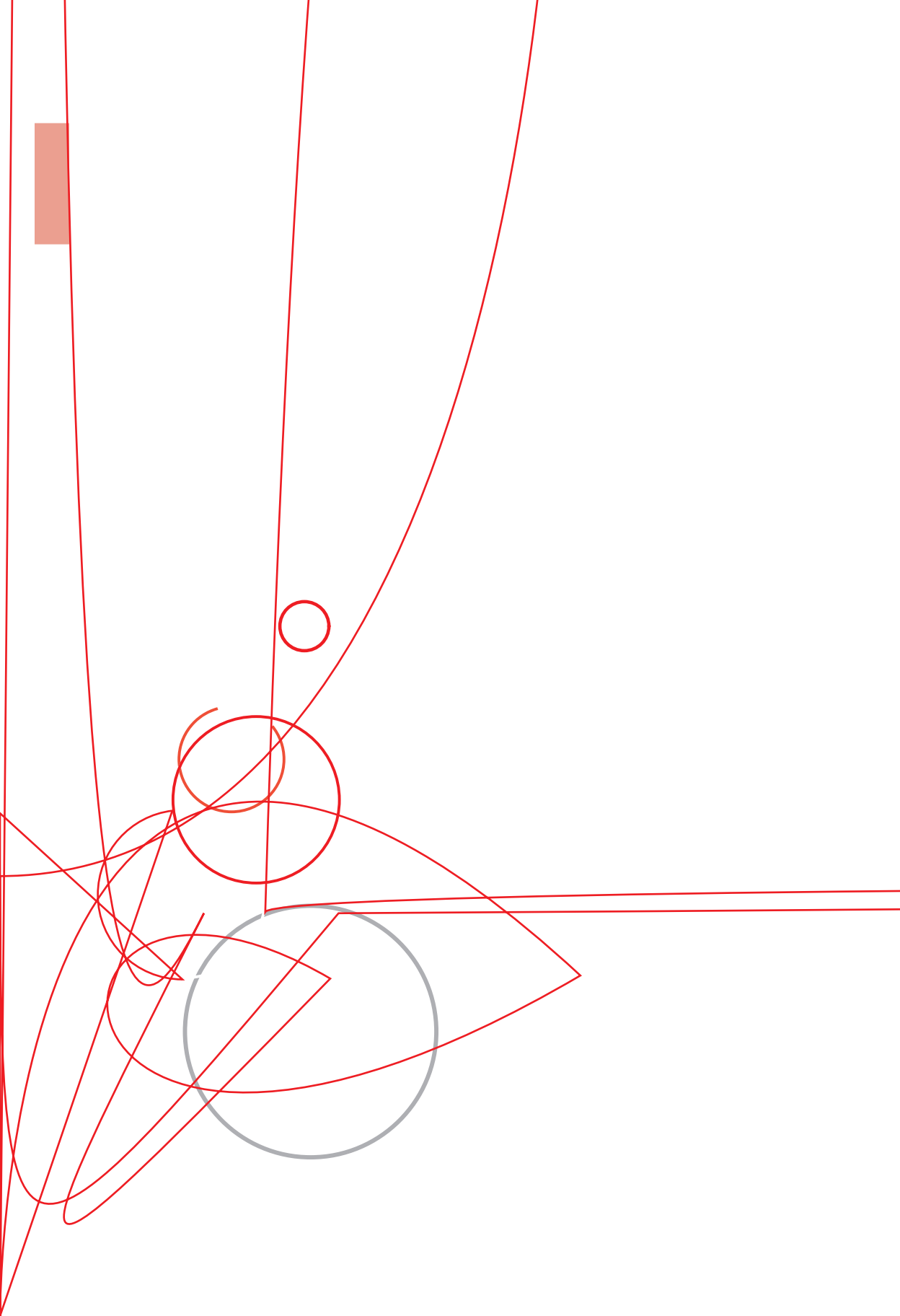


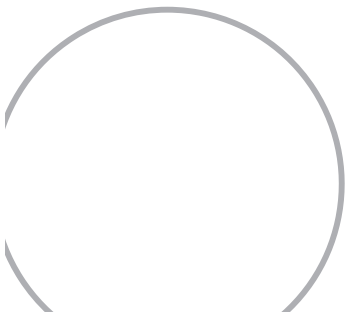


Find ways to keep
up with your teen's
progress



Build a strong relationship with your





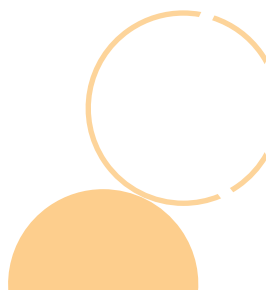
“They want to do things

”

Create opportunities for your teens to make choices that will affect not only them but others. Making mistakes is an opportunity to learn and grow. Be there for your teens, to listen, to support and give advice.









Adjust your approach and expectations as teens mature

Find ways to create mutual trust with your teen. As your teens gain more independence they are going to make many decisions without you. Take the time to explain things, such as why you use your current Internet provider or where you buy groceries. Your teens will be better prepared for when they make those decisions themselves. Explaining your reasoning to your


It is amazing how many other parents are going through the same thing with their teens

teens will make them feel that you respect them. They will gain even more respect for you and in turn, want to explain things and ask questions of you.

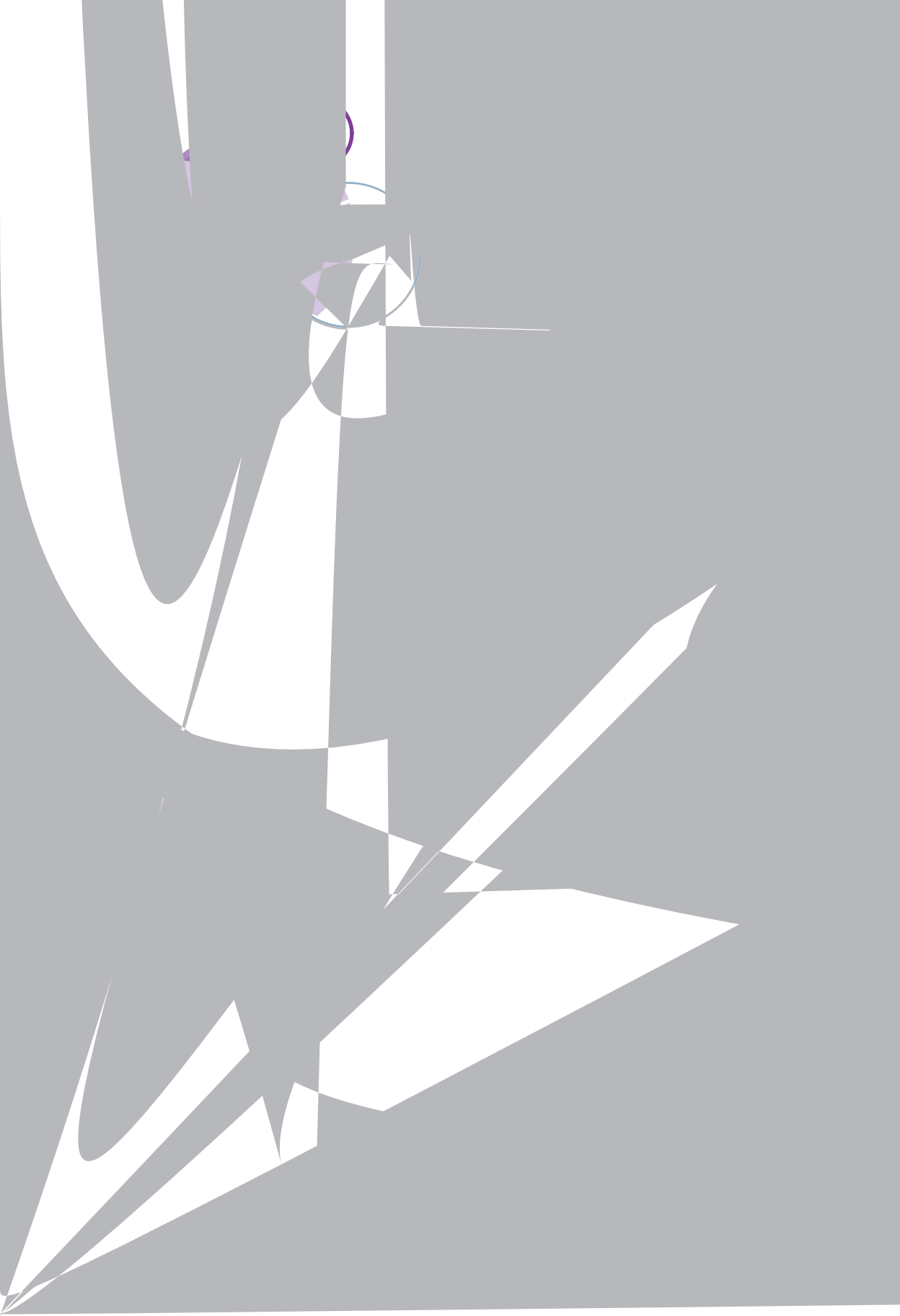
Don't break a confidence or invade their privacy because it can hinder open and honest communications and break the trust that your teen has in you. Recognize the challenges that teens face today. Setting curfew time may be an issue especially when they feel it is too early.

Social networking with platforms, such as Facebook and Twitter, are issues with which teens need your help in establishing rules for safety. You may want to talk to your teen about being a friend on Facebook.

Resources

 Julie Morgenstern and Jessie Morgenstern-Colon

 Sean Covey

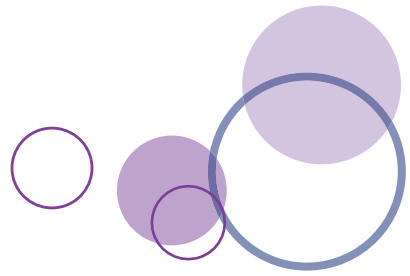




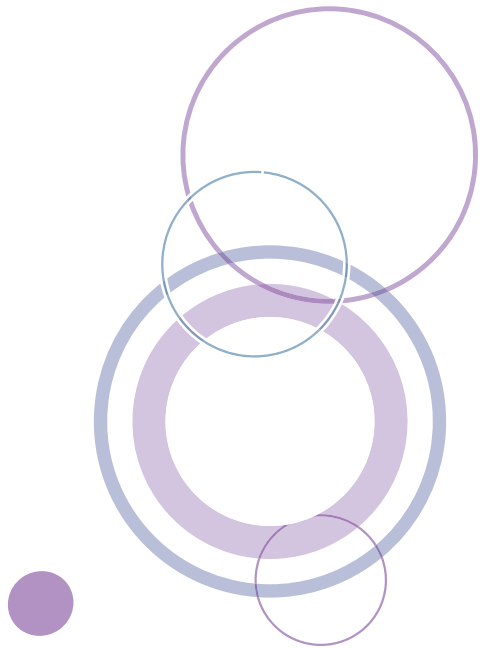


The bully

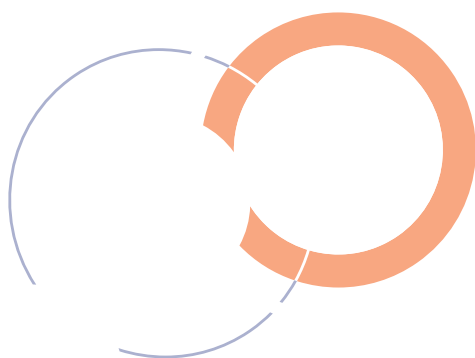
Parents do not want to think that
their adolescent





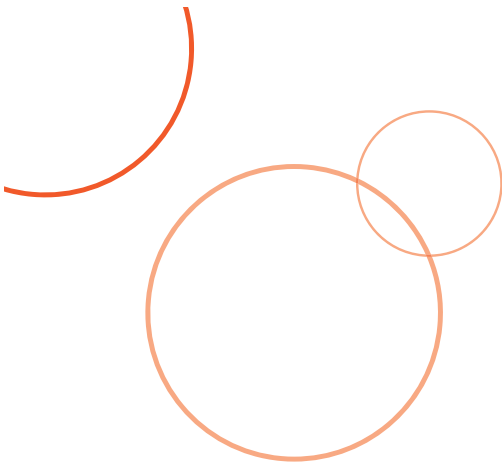












computer software to create alerts as reminders for homework, due dates for assignments and exams. Share an electronic calendar to keep track of events and happenings in your family and keep extended family informed about important events.

Read articles in an online newspaper. Start a discussion with your teen about the writer's point of view. Review their comments, blog posts and pictures and discuss the implications of posting information on the Internet.

Remind them that pictures that are posted online, including mobile uploads, are there forever. Photos posted online need only a simple click to be saved on anyone's computer. Pictures can be posted without permission; shared photos on mobile phones can be traced. Ask your teens to think of a future employer or grandparent seeing the photos when they are tempted to post highlights of a party.

Suggest ways they can use technology to help. They can use the calendar function in cell phones or your

Learn the rules of the digital highway together

Develop guidelines and expectations



Suggest your teens check with their school's guidance or student services department about e-learning courses

Suggest to your teen that they start to collect samples of their schoolwork in an electronic folder and create an e-portfolio. Work with your teen to help them revise and update the portfolio on a regular basis. Samples can be removed or added as your teen's work evolves. Essays, poetry, projects, artwork are just a few examples to include. This portfolio would be useful for future school and job applications.

Students can use free website applications like Blogger, Wikispaces and Google sites to post their work. They can also use the website that is available to school boards as part of the e-learning strategy.

Check with your school's student services or guidance department about e-learning courses that are offered in your secondary school.

These courses are teacher facilitated and use many technological tools

such as blogs and chats to ensure that there is interactive discussion between teacher and students as well as students and students.

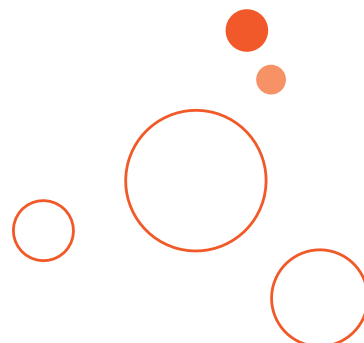
Specific information and webinars for students and parents are available in different languages on e-learning at the Ministry of Education website.



Other information about e-learning courses is at Independent Learning Centre



Students and parents also have access to a website called Ontario Educational Resources Bank (OERB) which is part of the Provincial e-Learning Strategy. You and your



teen can get access to the OERB resources at home. Suggest your teen ask a teacher or principal for the student login information. You will find games and activities that will help reinforce some of the concepts used in the classroom. You can search for information on subjects/credits by grade and course.



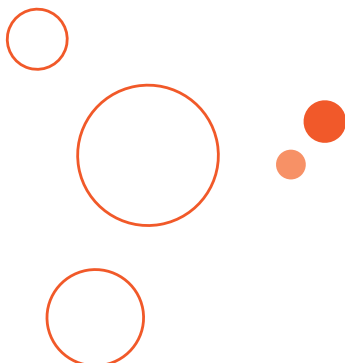
Help them get homework support. Your teens want you to show interest in what they are doing, so show them ways to get help when they need it.

Online math tutoring is available through TVO's Independent Learning Centre's Homework Help website at

www.illc.ca
Grade 7 to 10 math students receive individualized and confidential online help from certified Ontario teachers from Sunday to Thursday during the hours of 5:30 pm to 9:30 pm.

Videos of tutorials and frequently asked questions are available at any time at www.illc.ca

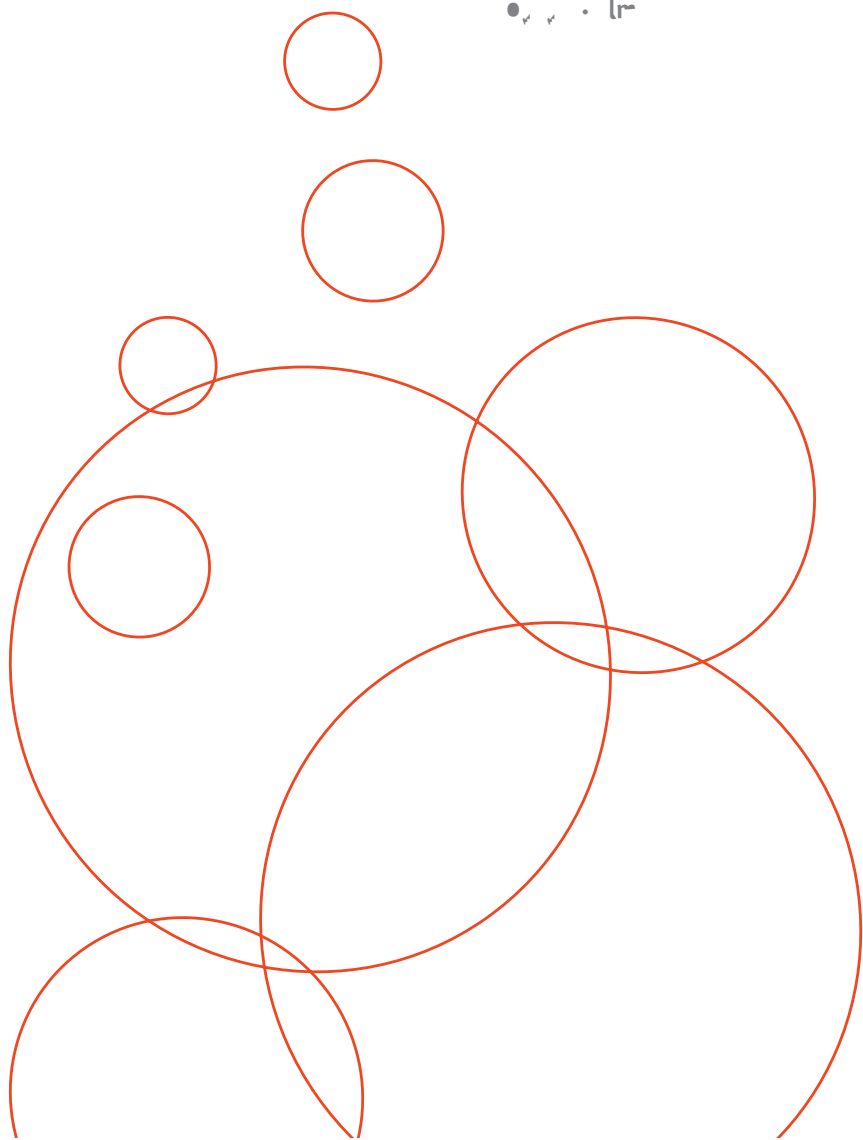
Consult your teen's teachers or Student Services about other types of

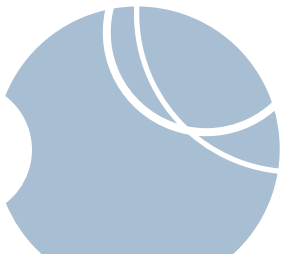


In Ontario, schools are able to provide free technology to assist students with additional learning needs. WordQ is one example. The program suggests words to use when writing and provides spoken feedback to help find mistakes.

You can find more information about these programs by contacting the Special Education Department at your teen's school. All school boards have a Special Education Advisory Council (SEAC) which can connect you to support groups and programs. Ministry of Education information on Special Education is posted on their website at:

<http://www.edu.gov.on.ca/eng/spec/wordq.asp>





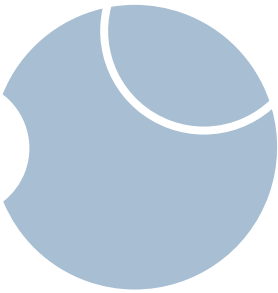


Look for information needed for career planning. Most secondary schools now offer Specialist High Skills Major Programs. These programs are designed to allow students to focus in on a potential area of career interest. For example the Health and Wellness Specialist High Skills Major could be considered for those students who may want to pursue a career in the medical field, in areas such as personal care, nursing or medical research.

The programs also help students to make transitions after completing secondary school to trades apprenticeship training, college, university or the workplace.



You can provide support by giving
positive



Aboriginal Resources

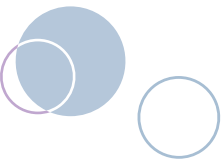
Ontarians can find the Aboriginal Education Strategy at <https://www.edu.gov.on.ca/eng/aborigin/aborigin.htm>. The strategy includes a framework to support First Nation, Métis and Inuit students. It also includes an introduction to Aboriginal Education, background on the strategy, information about self-identification opportunities for Aboriginal students, Ontario's Native Language and Native Studies curriculum and teacher tools and resources.

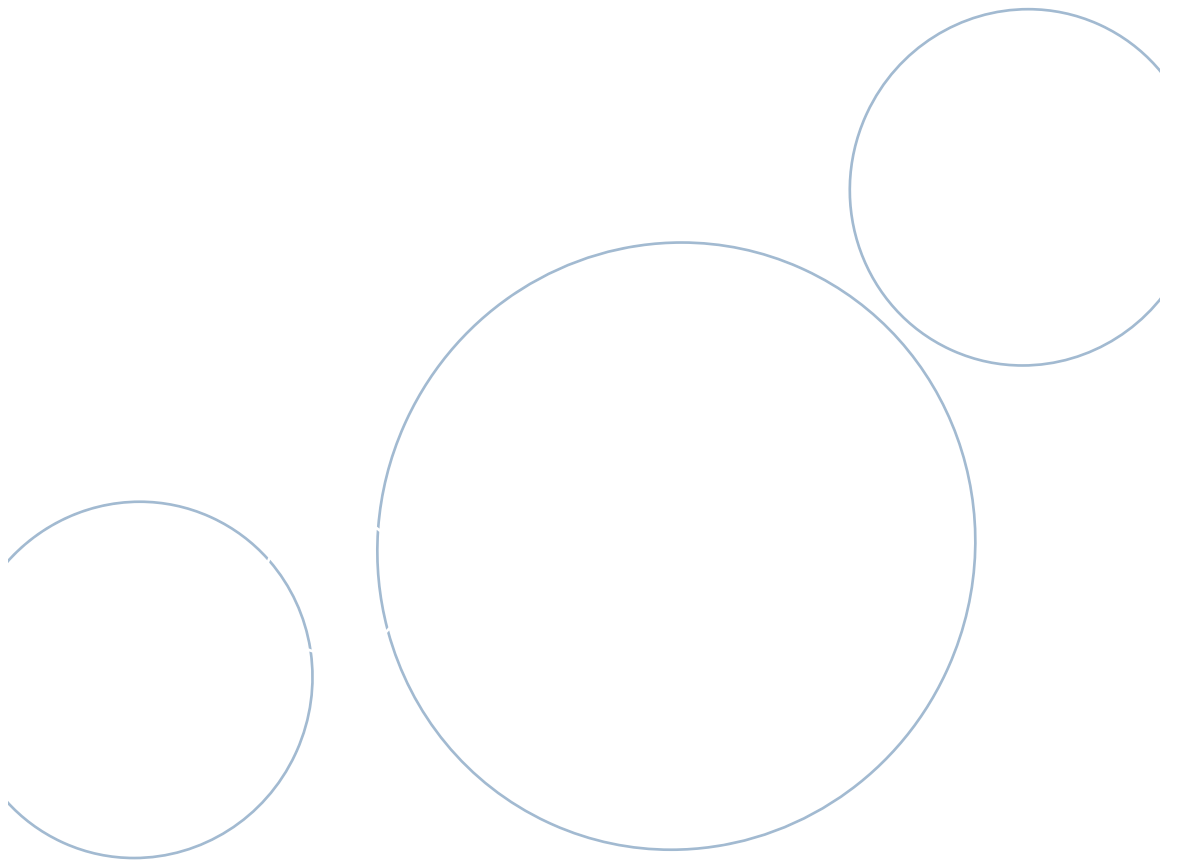
A Government of Canada website <https://www150.gc.ca/first-nations-metis-inuit> is a single window to learn about resources, supports, federal government services and programs for First Nation, Métis and Inuit people.

There are links that offer information on education, employment, language, heritage and culture. The education section provides a method to search for Ontario colleges and universities that provide programs specific to Aboriginal students.

Ontario's Aboriginal Postsecondary









THANK YOU!

Many parents, students and educators contributed to this tool kit.

The Council of Ontario Directors of Education recognizes their valuable contributions. Those who participated represent the following:

These resources can be found at:
www.ontariodirectors.ca



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