


POINT GREY SECONDARY SCHOOL GRADE 7 PARENT INFORMATION EVENING

Nurturing Resilient Young People


Wednesday, January 11, 2017

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NURTURING RESILIENT YOUNG PEOPLE

- ▶ Role of a Teenager
 - ▶ Role of Parents and Caregivers of Teenagers
 - ▶ Ten Ways to Support Resiliency in Teenagers
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ROLE OF A TEENAGER

- Being curious
 - Experimenting with new behaviours
 - Expecting greater independence
 - Being socially connected
 - Developing skills, competencies, interests, knowledge, self-management
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ROLE OF PARENTS AND CAREGIVERS OF TEENAGERS

- Providing material needs, shelter, food
 - Supporting emotionally; encouraging, nurturing
 - Guiding personal development
 - Modeling behaviour
 - Encouraging and facilitating communication
 - Setting limits
 - Negotiating expectations and consequences
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TEN KEYS FOR RESILIENT YOUNG PEOPLE


1. Sleep

Growing bodies and developing brains need rest. Recommendations for people at the age of 13 are **9 hours of sleep per night**. Staying up late easily becomes a problematic habit.

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2. Curfews and Limits on Parties

Negotiate expectations relating to bedtime and time to return home at night (may be slightly different on school days than on weekends). It's okay for parents to say 'no' to night parties, especially when they are happening at a home that is unknown to you or when there is no parental supervision.

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3. Exercise and other Activities

Young people (well, all people) need regular, moderate to intense physical activity. A routine that includes at least 45 minutes of exercise at least 4 times per week helps regulate energy levels, improves sleep, mood and school performance.

Regular social activity and non-structured time also contribute to improved mental health.


4. Regular Family Time

Spending time with the whole family is important in maintaining positive connections and communication. Regularly eating meals together is one way to do this, and provides a time to sit at a table in conversation. Doing this without the interruption of electronic devices helps encourage presence and interaction.

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5. Use of Technology

It is recommended that the maximum amount of time for the 'recreational' use of technology (smart phones, computers) be **less than 1 hour per day**. Having personal computers (or smart phones overnight) in bedrooms can be problematic because supervision of their use is difficult.

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6. Meaningful Contributions


Teenagers need to have responsibilities in the home. Their contributions provide an opportunity to play an important role within the family and to develop competencies. Some call these chores. Completing these daily and weekly tasks can be tied to receiving an allowance.



7. Some Structure is Important

Structure helps with planning, and provides certainty and predictability. As a result, stress and anxiety can be reduced when a certain degree of **negotiated** structure is in place.

However, too much structure **leads to stress** and anxiety when there is little unstructured time, overscheduling of the day, and few opportunities to make choices and develop independence.

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8. Consistency Helps with Decision-Making

Knowing what will happen, when and why is important. Being consistent from one parent to the other (in the same household or in different homes) helps young people understand what their limits are. Consistency in expectations and consequences, from day to day, month to month, supports our young people to make effective decisions because they know the standards to which they will be held.

9. Recognize There Is No One, Single Plan

Times have changed since we went to school. Expecting our young people to have a plan for the future worked out or to impose our plan on them is unhelpful. It is their own interest and intention that will move them forward. When they have flexibility to pursue diverse opportunities, some unpredictable, they will learn more about future possibilities. Exposure to different experiences, regardless of what they relate to, will increase learning and connection to the 'real world' where they will meet others, explore careers, and find their own way.

10. Show Your Love, Show You Care

You do this each time you demonstrate interest, attention and recognition, when you spend time together. Ask specific questions and listen attentively. Know what is happening in the life of your child. Look for positives, acknowledge effort and action explicitly, appreciate contributions. It's more helpful to say, "Wow, I notice how hard you worked to complete that project," than "That's great!" or to say, "What do you think you'll do differently next time?" than, "That's not good enough. You can do better."