

# You Have a High School Student.... Now What???

Aurora Central Catholic High School

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[www.safeharboril.com](http://www.safeharboril.com)

# Then & Now

- Listen & Watch
  - Teach outcomes
  - Process the transgression
  - Remind and reteach
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# What's going on in their heads???

Emotional regulation and problem-solving areas of the brain are growing and changing.

# Looks Like

- **Moodiness**
- **Being lost**
- **Maturity**
- **Frenzy**
- **High energy**
- **Awkwardness**
- **Anger**
- **Foolishness**
- **Isolating**
- **Wisdom/Insight**
- **Ignoring**
- **Arguing**

Threat = Fear

**Anything that challenges our safety-  
physical, mental, emotional, social,  
spiritual, psychological arouses a  
physical sensation  
of  
fear/anxiety.**

# Teen Fears

- Who to trust
- Fitting in
- Being liked
- Being “enough”- smart, pretty, handsome, strong....
- Being overwhelmed
- Parent involvement
- Helping others
- Social Media
- What’s important/values

# What Teens Want From Their Parents

- Unconditional acceptance
- Limits
- Information
- Confidentiality
- Direction
- Appreciation
- Skills

# 10 Steps to Responding

- Listen
- Remain silent
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- Identify the concern
- Identify the emotion
- Identify the the issue
- Brainstorm options
- Let your child pick one & do it
- Follow up



# Helpful Phrases

- Are you ok?
- I can only imagine
- Anything I can do?
- Let's make sandwich
- Ride with me to the
- Time to take a break
- Let's work on it together
- I'll be quiet while you talk
- Let's list some options

# Avoid

- Trying to minimize with laughter.
- Sarcasm.
- Lecturing- Keep it simple
- Comparisons
- Running interference in situations
- Ignoring a problem situation

# How School Can Help

- Can answer the question: “Is my child normal/typical?”
- Offer relationships adults to practice asking for help, clarification, extensions.
- Levels of interventions
- Parent responsibility
  - Practice with your student
  - Level the playing field
  - Support the verdict

I just want my kid to be  
***HAPPY!!!***

Not our job!

Ours job is to help them *survive!!!*

# Bottom Line

Our job is not to make our kids happy.

Our job is to do whatever it takes to help each of them develop the ability to problem-solve, experience adversity, be resilient, take risks, accept consequences, move on.

Our job is to let them be mad at us, practice skills of negotiation, win graciously and lose with dignity.

Our job is to help them survive so they can find happiness.

# Resources

## Raising Children

<https://raisingchildren.net.au/teens>

## Brain Development

<https://raisingchildren.net.au/search?query=brain%20development>

<https://www.nimh.nih.gov/health/publications/the-teen-brain-6-things-to-know/index.shtml>

<https://www.cdc.gov/childrensmentalhealth/data.html>