

Adolescence can be a challenging time for students, and equally as challenging for parents. Adolescent brains are not fully developed. The part of the brain responsible for reasoning and thinking before acting, is still developing through early adulthood. While it's normal for young adults to challenge boundaries and learn independence, they still need clear and consistent expectations and standards while they are still growing and learning. Below are some ideas for parents to ponder while navigating parenting for high school students. Should a parent ever need assistance or information, don't hesitate to contact your student's Dean or Counselor.

- Talk to your student about your expectations for their behavior regularly.
 - Communicating clear and consistent expectations about grades, attendance, rules at home, curfew, tobacco, drugs and alcohol are important.
 - By the same token, make clear consequences for choices in your home, and follow through consistently.
 - If you have concerns relating to your student's health or behavior, contact your student's Dean, Counselor or other Student Services staff to seek guidance on how best to support your student proactively.
- Keep open lines of communication with your student.
 - Take time each day to listen: about their day, about their friends, about their successes and fears. Being present is a big part of supporting your child.
 - Get to know his/her friends and their parents.
 - Know where he/she is going
 - Know if he/she is being supervised
 - Make contact with parents where your student is going to ensure proper supervision. Share your expectations about supervision and your student's behavior with those parents.
- Cell phone supervision -- think of a cellular device (or other electronic communication device like a tablet, laptop or computer) like a room in your home. Students communicate on various forms of social media, texting, and email each day. Just as if students were spending time in a room in your home after school, it is appropriate to supervise your student's phone and social media communication regularly. Seek information online about different social media platforms (Twitter, Instagram, Facebook, Snapchat, AskFM, Kik messenger, Live Profile, etc.) Students have no expectation of privacy with their parents when it comes to internet safety.
- Check your student's grades and attendance regularly on Home Access Center.
 - Seek out your student's Dean or the Attendance Office if you have a concern relating to absences or tardies.
 - Seek out your student's teachers or counselor if you have questions or concerns relating to grades.