### 10TH GRADE PARENT MEETING

#### AGENDA

Three Goals for the night:

- 1. Academic trajectory
- 2. Social-Emotional and Brain Development trajectory
- 3. Walk through some common 10th grade scenarios

"Research" tells us...when parents engage and guide their teens with a light but steady hand, staying connected but allowing independence, their kids generally do much better...

#### ACADEMICS: 9TH - 10TH TRANSITION

#### 9th grade:

- Skills and acquisitions
- "Small bites"
- High level scaffolding

#### 10th grade:

- Performance of skills
- Mastery of synthesized content
- "The whole"
- Abstract thinking

#### ACADEMICS: CORE COURSES

- General skills we are focusing on:
  - Working with structure, but a bit less scaffolding
  - Organization and preparation
  - Reading comprehension
  - Writing development (edit, revise, edit, repeat)

- Long-term projects
  - Salon Project
  - Outliers Project

#### ACADEMICS: NEW REQUIRED COURSES!

- Innovations
  - Decision making and problem solving
  - Importance of failure

- Financial Literacy
  - Responsible financial citizens
  - Financial competency

#### SOCIAL-EMOTIONAL: DAN SIEGEL TOLD US...

- 1. ESSENCE
- 2. Teenage years are not just a time of raging hormones
- 3. Risk taking and impulsivity peak at age 15
- 4. Social inclusivity (being part of a group) is a survival technique

"The downside to this social engagement process is that you can fore sake morality for the benefit of membership. The positive side of this social engagement, is that you learn social skills that last a lifetime..." - Dan Siegel

#### SOCIAL-EMOTIONAL: ALL THE WHILE...

- Self-critical
- Narrowed aperture
- Major social shifts

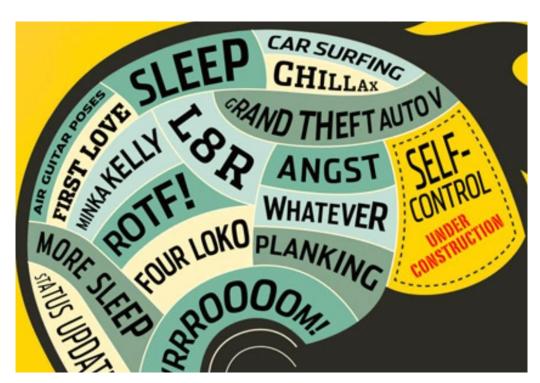
"I call the time of 8th-10th grade as the time of self-deprecating narcissism."
- Mike Haykin

# "TRYING TO GET KIDS NOT TAKE RISKS IS AN UPHILL BATTLE AGAINST EVOLUTION AND ENDOCRINOLOGY." - LAURENCE STEINBERG, PROFESSOR OF PSYCHOLOGY

#### WHAT THAT EXPERIMENTATION LOOKS LIKE

- Pushing the limits
- Pushing back on parents

- Parties
- Drugs & Alcohol
- Relationships









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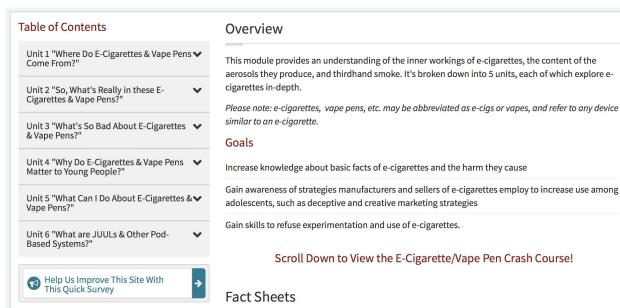
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#### SOME RESOURCES

- Stanford TobaccoPreventionToolkit
- "Fact Sheet"
- "Generation of E-Cigs/Vapes"



## DR. LAURENCE STEINBERG: ESSENTIAL GUIDE TO ADOLESCENCE AGES 10-25

#### WHAT CAN YOU DO?

- Listen. Listen. Listen.
- Keep an eye out for shifts in these key indicator areas:
  - Attendance
  - Sleep patterns
  - Decreased work output
  - Decreased engagement in activities
  - Decreased self-care; lack of hygiene
- And remember to celebrate who they are and who they are becoming!

"'IN THE HEAT OF THE MOMENT, THE RATIONAL PART OF A KIDS' BRAIN IS OFTEN OVERPOWERED. 'SO PART OF HELPING KIDS MANAGING RISK IS TO HELP THEM IN THINKING ABOUT THE KIND OF SITUATIONS THEY DO AND DON'T WANT TO BE IN, BEFORE THEY GET INTO THEM." - HOW

# SCENARIO 1: YOUR STUDENT WANTS TO GO TO A PARTY AFTER WINTER BALL

## SCENARIO 2: FIND A VAPE PEN IN YOUR STUDENTS BACKPACK OR BEDROOM

#### SCENARIO 3:

OVERHEARD YOUR STUDENT TALKING ON THE PHONE TO A FRIEND. BASED ON WHAT YOU HEARD, YOU ARE CONCERNED ABOUT THE MENTAL HEALTH OF YOUR STUDENT'S FRIEND

#### SCENARIO 4: HEAR YOUR STUDENT TALKING ABOUT A CLASSMATE WHO IS BEING TEASED ON SOCIAL MEDIA

#### SCENARIO 5: YOUR STUDENT TELLS YOU THEY WANT TO QUIT THEIR SPORTS TEAM SUDDENLY

#### SCENARIO 6:

YOU ARE CONCERNED YOUR STUDENT ISN'T USING TECH WISELY - THEY ARE ALWAYS IN THEIR BEDROOM WHILE 'DOING HOMEWORK,' YET NOTHING GETS DONE.

### QUESTIONS?