

## Welcome to Parents & Caregivers!

The teen years can be an adventure and a transition for the whole family. For caregivers, it can be helpful to remember that young people with supportive family relationships and connection to school make better decisions in all areas of their lives. And, when families are connected to teens' school and community activities, youth are stronger, healthier and better able to live up to their full potential. Stay in touch by:

- Visit the secondary school website and read the daily newsletter
- Signing up for the school app if they have one
- Watch for family nights, parent-teacher night, drama productions, sporting & music events (consider attending as a family, whether your child plays or not!)
- Reach out to your PAC, the grade 8 counsellor and to SACY family engagement

Look for SACY parent workshops. We'll talk about staying connected, understanding typical social and emotional changes, and practical communication strategies to reduce tension at home and collaborate with youth as they mature.

### Watch for the following workshops in your community:

#### Building Bridges with your Teen

Explore brain changes and the science behind teen behaviour. Share insights, and together explore practical ways to support healthy decision-making and develop capable young people.

#### The Capacity Café

Join volunteer youth for an evening to hear directly from young people about the stresses and pressures youth face ... and what adults can do to help.

#### The SACY Adult Toolkit

Join SACY and STEP facilitators for a non-judgmental, interactive evening to increase our health literacy in adolescent development and substance use (cannabis, vaping, alcohol ...)

For more information, visit our website, or email a parent engagement facilitator:

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Templeton, John Oliver, Tupper, Britannia,  
Windermere, Killarney, David Thompson, Prince  
of Wales, Van Tech, Hamber

*P.S.: SACY Youth Engagement has lots of supports for students too...look us up at [www.vsb.bc.ca/SACY](http://www.vsb.bc.ca/SACY)*