

POINT GREY SECONDARY SCHOOL GRADE 7 PARENT INFORMATION EVENING

Nurturing Healthy and Resilient Young People

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NURTURING RESILIENT YOUNG PEOPLE

- ▶ Role of a Teenager
 - ▶ Role of Parents and Caregivers of Teenagers
 - ▶ Ten Ways to Support Health & 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 and Nutrition**
 2. **Curfews and Limits on Parties**
 3. **Exercise and Other Activities**
 4. **Regular Family Time**
 5. **Limits on Use of Technology**
 6. **Meaningful Contributions at Home**
 7. **Some Structure is Important**
 8. **Consistency Helps with Decision-Making**
 9. **Recognize There is Not Just One, Simple Plan**
 10. **Show Your Love, Show You Care Every Day**
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TEN KEYS FOR HEALTHY RESILIENT YOUNG PEOPLE

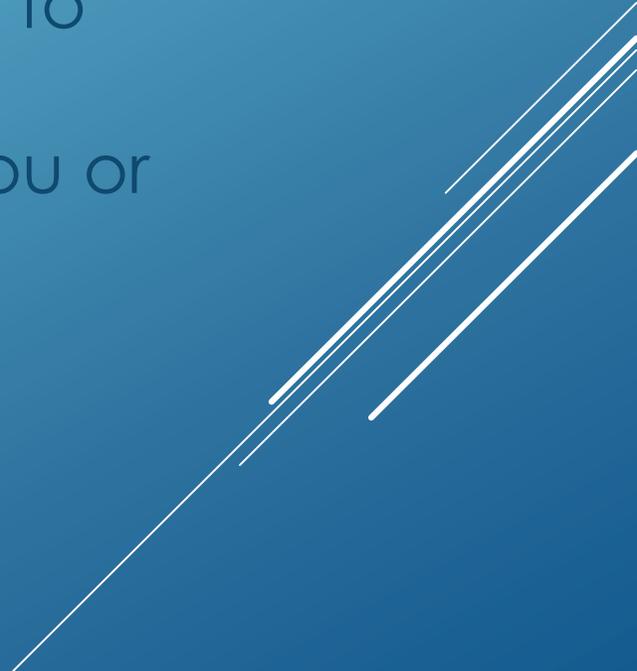
1. Sleep and Nutrition

Regular sleep and meal eating routines support physical and mental health. Growing bodies and developing brains need to rest and be nourished. Recommendations for people at the age of 13 are **9 hours of sleep per night**. Staying up late easily becomes a problematic habit.

Eating **three well-balanced meals and up to two healthy snacks**, all low in sugar, including fiber, whole grains, fresh fruits and vegetables, healthy oils and proteins, will generally provide for the nutritional needs of a growing body.

2. Curfews and Limits on Parties

Negotiate expectations relating to bedtime and time to return home at night (these 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. The World Health Organization recommends a routine that includes 60 minutes of exercise daily. This 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 for 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.

5. Use of Technology

Increasing 'recreational' use of technology (smart phones, computers), or 'screen time', can interfere with other important activities. Recommendations vary – some say less than 1, others less than 2 hours per day. Having personal computers (or smart phones overnight) in bedrooms can be problematic because supervision of their use becomes difficult, and near constant connection with technology creates over-vigilance, leading to anxiety. Structuring breaks from the use of technology encourages engagement in alternate activities and can help nurture mindfulness and mental peace.

6. Meaningful Contributions at Home

Teenagers need to have responsibilities in the home. Their contributions provide an opportunity to play an important role within the family, and to develop a sense of competency, worth and autonomy. Some call these regular activities chores. You may or may not decide to link completion of these daily and weekly tasks 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. With time, greater flexibility and independence is a natural outcome as young people mature and demonstrate responsibility.

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 themselves and 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 Every Day

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."