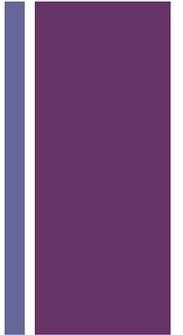




Parenting Teenagers

A School view

+ Parenting Teenagers



- You can read as many books as you like, but it is what you do, 'how you parent' that makes the difference.
- However, sometimes no matter how we do this outside influences continually affect our teenagers! What are these?
- Technology – this has made bullying easier through texting! The internet is a great resource for learning but there are predators out there and we need to keep our children safe
- Friendships – we cannot under-estimate these issues
- Pressure of exams/Stress – The British Exam System is putting more demands on our teenagers
- Boy/Girl friends
- Sexuality
- Sleep
- Drugs and alcohol
- The list could go on!

+ Teenagers and Technology



- You don't need to know everything about technology, our children often know more than us!
- What we have that they don't are parenting skills and 'common sense' This is what you need to use!
- At school we have stopped the use of mobile phones around the site as it does affect concentration and learning

+ Technology

- Students who use 'gaming' devices and spend time on mobile phones at least twice a day are less likely to achieve five 'good' GCSE grades.
- This was a study done by the Department of education called 'ICT and Me'
- It found that 4 in 10 young people are spending 4 hours or more each day online and much of this time is spent on recreational activities



+ Technology



- DOs
 - Encourage technology – They learn from it!
 - But keep them safe by ; checking sites use parental guards
 - Decide when they should have and need a mobile phone – Don't let them 'badger 'you!
 - Be alert to which sites they are using, particularly 'Facebook'
- Don'ts
 - Let them have their phones on all the time e.g. do they text at meal times?
 - Let them use their phones late at night. Should they have them in their bedrooms?
 - Cyber bullying has grown through the use of social media
 - Gaming has been shown to change moods!'

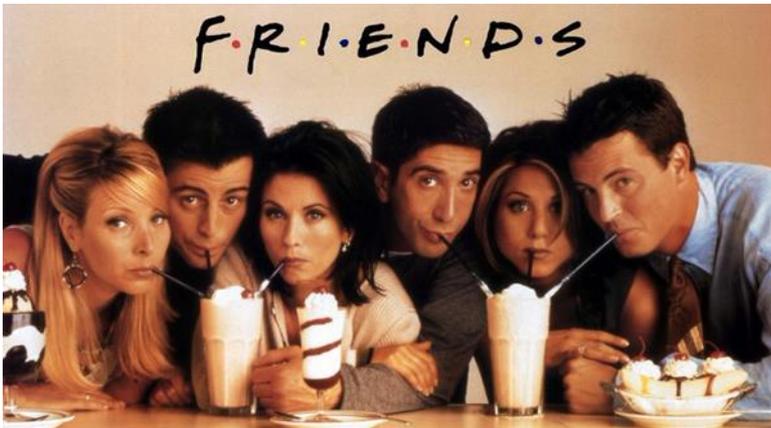


Child Sexual Exploitation



- A lot of this takes place via technology the Internet and mobile phones
- Once a child has been drawn in they may be asked to meet up with someone
- Vulnerability is targeted, anyone who is unhappy, not cared for or who has a lot of freedom and low self esteem.
- What can you do?
- Check- Where they are going, how are they getting there, how are they getting back, are they prepared for changes to the plan, have they let people know where they are?
- Teenagers need this self interrogation, get them used to asking themselves these questions
- See the leaflets

+ Friendship/Friends



- Never under-estimate the power and influence of friends both good and bad!
- Everyone needs good healthy relationships and friends
- Without this and when there are problems there is loneliness, anxiety, for teenagers this is AWFUL!
- Problems can lead to self-harm, over and under eating, truancy, school phobia,
- This causes high demands on families. Getting friendships right is part of growing up, there will be ups and downs.

+ Boy/Girl friends

- Get to know them
- Make sure you have had the conversation about safe sex, they need to know that it is OK to say 'no'
- Be aware of meeting partners on the internet
- Sexuality – have you thought about your attitude towards same sex relationships? What are your views? Do your children know?



+ Sleep

- Teenagers like their sleep
- More importantly they need their sleep! Especially if they need to be ready to learn!
- Consider – what time do your children go to bed?
- On average how much sleep do they get during the school week? Do they need more?
- What can we do?

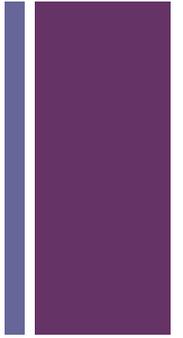


+ Drugs and Alcohol



- Both are easily available and there are many dangers
- Young people take risks and experiment
- In school we educate them about these dangers and risks in Science and PSHE and the ethical issues
- What can you do? Discuss it make sure they know that they can talk to you or where to go if they can't!

+ A Teenagers view



- <https://youtu.be/eaIe0WIhXmI>

+ Cheney Teenagers

- We want;
- Happy , balanced, compassionate, responsible, respectful, resilient, reflective, resourceful kind caring young people
- Who are well educated and good citizens ready to go out into the world
- But we have to work hard to support, guide direct, them on this journey

