

South Forsyth Middle School



https://www.youtube.com/watch?feature=player_detailpage&v=tlyOSRTxglA

Nature of Middle School Student

How to

Enjoy

Living with a

Preadolescent:



Common Middle School Characteristics



*Forgetting

*One of the earliest signs of approaching adolescence!

• UNDERSTANDING

*Valid

*Normal

*Mental Clutter/Pre-occupation/Stress

• COPING

*It isn't purposeful

*Use creative reminders in lieu of nagging 😊

EXAMPLES: Doorknobs, signs, mirrors, phones, bulletin boards, backpacks, lunch boxes

*Encourage DAILY lists

• SUPPORT

*Guide them gently

*Help them – don't nag them

*Be prepared – keep a supply stash on hand 😊



*Irritability



- Middle Schoolers often have episodes of extreme irritability
 - Built up energy
 - Hormonal changes
 - New stressors
- Tips for Parents:
 - Arguing will almost always escalate the problem – wait them out!
 - Listen to frustrations *without* prying or lecturing
 - If you need to reprimand, focus on specific behaviors!
 - Don't let their mood ruin your mood – be a source of stability for them

*Power Plays

What is happening:

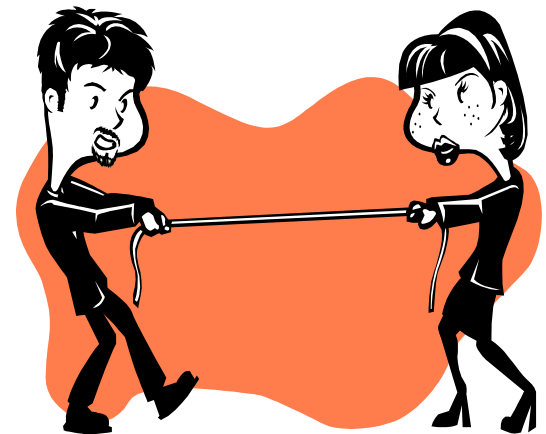
- Inevitable
- Seeking independence
- Stemming from a sense of powerless

May include:

- Non-verbal tantrums
- Smarting off
- Manipulating siblings, parents, & friends

What can parents do:

- Think ahead
- Don't give into manipulation
- Disengage
- Don't use power unless it is urgent



*Friendships



What's happening:

- Turbulent times
- Tend to drift away from each other
- Pick new friends
- Need to belong

Good Friendships:

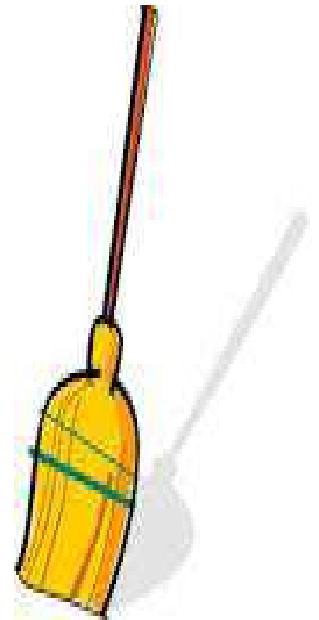
- ❖ Accept us as we are
- ❖ Don't needlessly criticize
- ❖ Back us up when we're right and pick us up when we are down

Guideline to make it through:

- Expect to be left out
- Create an early and strict curfew
- Have a strong stance against unsupervised gatherings
- Parents work together
- Don't be afraid to approach other parents and your school

*Chores

- Chores help kids learn responsibility
- Chores give kids a sense that their contributions are needed and valued
- Tips for parents:
 - Give very clear / specific directions
 - Demonstrate chores first to ensure understanding
 - Don't demand perfection
 - Praise, praise, praise
 - Be consistent with expectations
 - No deadlines – use the when / then technique
 - Ex. “When the windows are clean, then you may watch TV.”



*Worries

• Worries manifest in different ways.

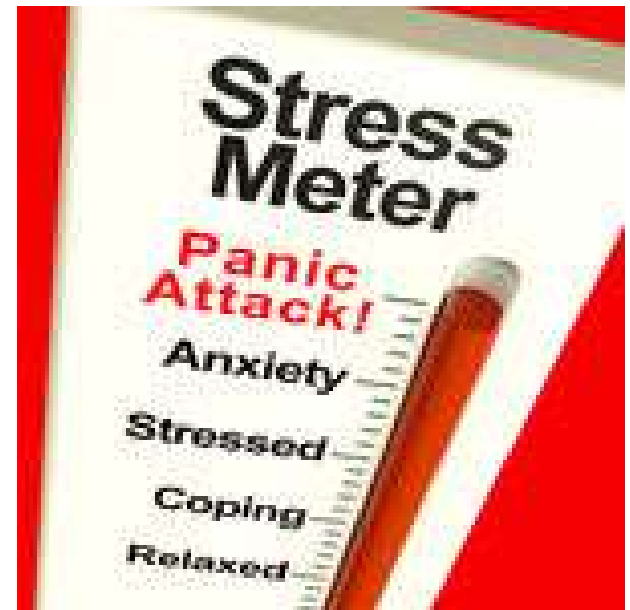
- Need to belong
- Showing BRAVADO
- Withdrawal

▶ Be their **SAFE HAVEN!**

- Consistency
- Stability/Security
- Reassurance
- VALIDATION!

▶ **RE-DIRECT**

- Encourage outside activities/clubs/service projects
- Engage and connect
- LISTEN!



*Joys

Rules for Gaining Joy!!!!

- Don't take it personally
- Continue to be a parent
- Appreciate your child's
- Take time when it is available
- Talk with other parents
- Keep in touch with the school



Internet Safety



- Students who use the internet for social networking are very likely to be exposed to pornography, violence, and hate speech.
- If your child has access to social networking platforms (twitter, instagram, vine, etc), please have *frequent* discussions *and* check-ups with them about safe, appropriate use of these sites, including the importance of:
 - Making their account private or locked
 - Only friending or following accounts of people they know in person
 - Only accepting friend or follow requests from people they know in person
 - Ignoring, blocking, and reporting vulgar or mean spirited material
 - Ignoring, blocking, and reporting ANY ANONYMOUS accounts

Internet Safety

- Visit www.netsmartz.org for more information and tips on how to help your children stay safe in the digital world.
- Safety apps exist like - <http://www.smartshepherd.com/>
 - Talk with your service provider to find one that will work with your child's phone.

**SFMS Counselors will be doing
“Coffee and Conversations”
with parents regarding Internet Safety

Internet Safety

- “It is not enough to sit by and assume that your kids are going to do the right thing, because good kids, smart kids, that do the right things in lots of aspects of life, still do goofy things on the internet and social networking sites. Kids are going to post photos and personal information. At least moms and dads should learn about what they’re doing. If you don’t know that your child has a Facebook page (Twitter, Instagram, Vine, etc.), you better find out, and you better talk to them about how they are using it and what they are doing to make sure that they use it safely and responsibly.”

-Ernie Allen,


President and CEO of the National Center for Missing and Exploited Children

Self-Advocacy

- Students in Middle School should be learning to ask questions or seek resolution to their problems themselves.
- Parents can assist students by:
 - Encouraging *them* to keep up with their assignments using ItsLearning!
 - Helping them practice approaching and talking to teachers
 - Following up with teachers to verify that the student came and talked to the teacher

HELPFUL RESOURCES

- The 7 Habits Of Highly Effective Teens
By Sean Covey
- Parenting Teens with Love & Logic: Preparing Adolescents for Responsible Adulthood
By Foster Cline, Jim Fay
- Screamfree Parenting: The Revolutionary Approach to Raising Your Kids by Keeping Your Cool
By Hal Edward Runkel
- The Good Enough Teen: Raising Adolescents with Love and Acceptance (Despite How Impossible They Can Be)
By Brad E. Sachs
- The Overlooked Generation: Parenting Teens and Tweens in a Complicated Culture
By Shannon Perry
- Queen Bees and Wannabes
By Rosalind Wiseman
- Masterminds & Wingmen: Helping Our Boys Cope
By Rosalind Wiseman
- Surviving Ophelia: Mothers Share Their Wisdom in Navigating the Tumultuous Teenage Years
by Cheryl Dellasega
- Ophelia Speaks: Adolescent Girls Write About Their Search for Self
By Sara Shandler
- Reviving Ophelia: Saving the Selves of Adolescent Girls
By Mary Bray Pipher
- Teenage Boys!: Shaping the Man Inside : Surviving & Enjoying These Extraordinary Years
By William Beausay, Bill Beausay
- **Why Boys Don't Talk--and Why It Matters: A Parent's Survival Guide to Connecting with Your Teen**
By Susan Morris Shaffer, Linda Perlman Gordon
- **A Fine Young Man: What Parents, Mentors, and Educators Can Do to Shape Adolescent Boys Into Exceptional Men**
By Michael Gurian

A group of people, likely students, are shown from the waist up, standing in a circle with their hands stacked in the center. They are wearing various casual clothing like t-shirts and jeans. The background is slightly blurred, showing greenery. The overall tone is energetic and positive.

Panther Spirit... Get involved!

- **Clubs**
- **Intramurals in the mornings**
- **Dances**
- **Athletic events (Only 7th and 8th may compete)**
- **Check the calendar frequently for dates!**

Welcome to South Forsyth Middle School and thank you for coming today!

Remember:

- **The first day of school is Thursday, August 4th**
- **Attendance will be taken promptly at 9:00 a.m.**
- **Students who ride the bus are always on time**

