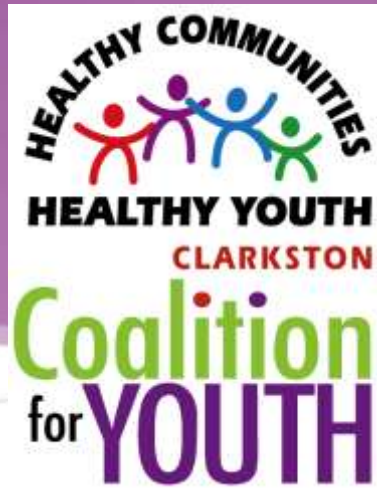


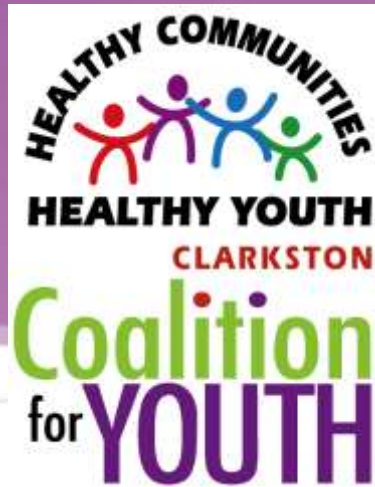
Building & Keeping Strong Connections

Presented by:





Our mission is to increase positive youth development through partnerships, providing every youth with the opportunity to reach their fullest potential.



40 Developmental Assets

Search Institute has identified the following building blocks of healthy development —known as Developmental Assets— that help young children grow up healthy, caring, and responsible.

The more assets students report, the more likely they will do better in school.

This is not a time for you to “give them space”.

- These are critical years in a child’s development.
- You need to know what they are saying, hearing and doing.
- Middle schoolers require high level of parent involvement.



Positive Family Communication

- 💧 At this age, children have a lot of questions, if they don't get the answers from you – then who will give them the information?
- 💧 Take the time to develop relationships with parents of new friends so you have a network to keep you informed.



Questions to Ask

- 💧 Ask open-ended questions so you get more than one-word responses.
- 💧 Ask for your child's opinion on things and validate it.
- 💧 Ask your child what they did during school and after school.
- 💧 Help them develop a routine.
- 💧 Help them get organized.



Dive right in!

- 💧 A lot of things that used to go over their heads from the media will now raise a level of awareness.
- 💧 Discussions will happen when they are ready, not you! – Look for opportunities!
- 💧 Be aware of the words to the music your child is repeatedly hearing – what messages are getting reinforced to your child?



Empowerment

- ◆ Encourage community involvement.
- ◆ Follow up on community service opportunities.
- ◆ Do they have ideas?

Boundaries and Expectations

- ◆ Define your family values.
- ◆ Recognize importance of positive peer influence.
- ◆ Set high expectations and help them achieve.



Snapchat, Instagram, Facebook & so many more

- ◆ Is your child truly ready for Snapchat, Instagram or other social media? Can they talk face to face with others using appropriate language and contexts for situations?
- ◆ Make sure that you are your child's "friend" (or follow them) on any social media app so that you can see what they are posting.
- ◆ Be aware of who your child is agreeing to be friends with (especially if they are agreeing to be friends with adults).
- ◆ Know their password and check their information regularly.



Social Media/Texting

Rule of Thumb:

- Don't post anything on social media that you are not willing to say face to face to someone else.
- They should be respectful of themselves and others
- Although you may set up a private account, others can take screen shots or pictures with their camera and make it public without the originator knowing – don't share something you don't want to go public!



Social Media

- ◆ Although there is a Children's Online Protection Act that doesn't allow a child under the age of 13 to have an account (Facebook, Snapchat, Instagram) many children will fake a birthdate (often with parental approval) to have access.
- ◆ Children need to be aware that anything that is digital can be stored, copied and shared, even if you intend to only share it privately.

Social Media

- If a child uses social media inappropriately, you are ultimately responsible for his/her actions. Most cell phone terms and conditions have some reference to this.
- Content posted online is impossible to take back.
- What kids post now will reflect on them down the line.



Texting

- ◆ It is your right and responsibility to check your child's text messages. Be aware of what they are saying and hearing!
- ◆ Parental controls with your phone carrier allow you to:
 - ◆ Block sending and receiving of photos
 - ◆ Program text features for only certain hours of the day
 - ◆ Access history of text messages
 - ◆ Track your child's whereabouts



periodic Text Message table

	1	2	TEXT Symbol										13	14	15	16
1	AAYF As Always, Your Friend	BAK Back At My Keyboard	LOL Laughing Out Loud													LYLAB Love You Like A Brother
2	ABT2 About To	BB Be Back	Relative meaning										HIG How's It Going?	IDK I Don't Know	K OK	LARGOR Later Getar
3	AIGHT All Right	BFF Best Friend Forever	2B or not 2B To Be Or Not To Be										HO Hold On	IYD In Your Dreams	KK OK	MYOB Mind Your Own Business
4	AKA Also Known As	BIF Before I Forget	BBL Be Back Later	BF Best Friend	BFFTE Best Friend Forever To The End	CSL Can't Stop Laughing	DGTG Don't Go There Girlfriend	ETA Estimated Time Of Arrival	FTR For The Record	FOAF Friend Of A Friend	G2G Get To Go	GOI Get Over It	HB Hurry Back	ILU I Love You	KMP Keep Me Posted	MIA Missing In Action
5	ALOL Actually Laughing Out Loud	BI5 Back In Five	B4N Bye For Now	BTW By The Way	BFFAE Best Friend Forever And Ever	CYA See Ya	DUST Did You See That?	EZ Easy	FYI For Your Information	FAWC For Anyone Who Cares	GG Gotta Go	Grats Congratulations	IDC I Don't Care	IDGI I Don't Get It	LYLAS Love You Like A Sister	MLAS My Lips Are Sealed
6	AML All My Love	BBL Be Back Later	BD Big Deal	BTWITAILWU By The Way I Think I Am In Love With You		CMU Crack Me Up	DND Do Not Disturb	F2F Face To Face	FWD Forward	GF Girlfriend	GRRRR Growling	GFI Go For It	ILY I Love You	IM Instant Messaging	LYL Love You Lots	NBD No Big Deal
7	ASAP As Soon As Possible	BB4N Bye-Bye For Now	BWDIK But What Do I Know	B/C Because	COS Change Of Subject	DKDC Don't Know Don't Care	DIY Do It Yourself	FMTYEWTK For More Than You Ever Wanted To Know		GTG Get To Go	GL Good Luck	GR8 Great	IDM It Doesn't Matter	JW Just Wondering	LOL Laughing Out Loud	NM Nothing Much
8	B4 Before	BRB Be Right Back	B4YNI Before You Know It	BTA But Then Again	CUL8R See You Later	Def Definitely	FYSBGTBABN Fishes Your Seat Belts It's Going To Be A Bumpy Night		FF Friend Forever	GNBLYF Get Nothing But Love For The		HSIK How Should I Know	JK Just Kidding	JP Just Playing	LMK Let Me Know	NMP Not My Problem

NM Never Mind	NW No Way	NE1 Anyone	NTK Nice To Know	OAO Over And Out	POS Parents Over Shoulder	PDQ Pretty Darn Quick	PAW Parents Are Watching	PLS Please	QT Quite	QFT Quality Friend Time	RUT Are You There?	RU Are You?	RBAU Right back At You	Sk8r Skater	SLAP Swear Like A Pig	
SUP What's Up?	SUS See You Soon	SWDYT So What Do You Think?	TOY Thinking Of You	THX Thanks	TBC To Be Continued	TAFN That's All For Now	TLC Tender Loving Care	TFN Ta To Fo Me	TFLMS Thanks for Liking Me Sm	TTG Time To Go	TBH To Be Honest	TTYL Talk To You Later	TMI Too Much Information	TY Thank You	U You	
U2 You too	UG2BK You've Got To Be Kidding	VM Vicemail	WE Whatever	WBS Write Back Soon	WDYT What Do You Think?	WU What's Up?	WUWH Wink You Were Here	WAYD What Are You Doing?	WITW What Is The What?	WFM Works For Me	XOXO Hugs and Kisses	YA Yeah	ZZZ Tired, Bored	SEND		

Constructive Use of Time

- Creative activities such as music, art, drama...
- After school youth programs or community program...
- Time with Friends/Nothing special to do...
- Get outside! Limit or get rid of screen time...

Commitment to Learning

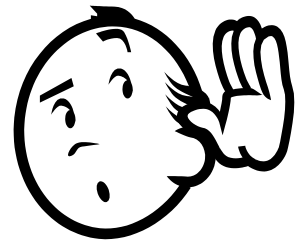
- ◆ As your child is assigned to class projects or starts new activities, remind them that qualities that inspire friendships are:
 - ◆ Be flexible
 - ◆ Be open to others ideas
 - ◆ Be supportive
 - ◆ Be a good listener

Positive Values

- ◆ Build positive assets in your children so that they have a positive impact on those around them.
- ◆ Often others don't recognize the impact they have on others.
- ◆ Mean kids? The key is to break the cycle.
- ◆ 80% of students are bystanders.
- ◆ 57% of bullying will stop if another kid intervenes to help.

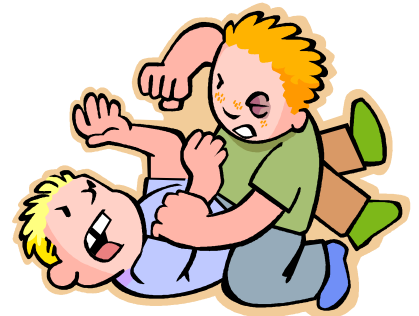
What to do if your child is being bullied...

- ◆ Listen to how they are currently handling it (ignoring, reacting)
- ◆ Talk about ways to change the current reaction
- ◆ Role play!
- ◆ Involve the school. Administrators, teachers and counselors are there to help.



If your child is doing the bullying...

- ◆ Set clear expectations
- ◆ Build up their self confidence
- ◆ Find opportunities for him/her to learn their talents and use them
- ◆ Find opportunities for your child to develop friendships



Friends vs Frenemies

- ◆ If your child has a longtime friendship that is falling apart because of changes, be a good listener. At this age, children realize they need to make choices about who they hang out with and may go separate ways.
- ◆ Remind your child that friends are people who accept us as we are! They shouldn't change who they are to be friends with someone.
- ◆ All friendships have ups and downs. Coach them and play to help them through rough times.



Making new friends

- ◆ 6th Grade Camp, Teams, Lunch
- ◆ Many new clubs at SMS to be a part of
- ◆ This is a time for your child to think about what he/she wants and do it (electives, activities) – don't make choices based on what their current friends want
- ◆ If they sign up for what they want they will meet new friends with similar interests



Their new social life!

- 💧 Planning
- 💧 Decision Making
- 💧 Resistance Skills
- 💧 Peaceful Conflict Resolution

Positive Identify

- ◆ Personal Power-Do they have influence over the things in their life? Relinquish some control!
- ◆ Self-Esteem-Does your student like themselves? Are they proud of themselves?
- ◆ Sense of Purpose-Do they sometimes think about what life means and what they want to become?
- ◆ Positive view of Personal Future-Are they excited for the next opportunities for themselves?

Re-cap

- Stay involved whether they like it or not
- Take the time to listen, talk and role play
- Ask for their opinion on things
- Encourage them to think for themselves



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