


WHAT'S GOING ON: THE TEENAGE YEARS

Teens are experiencing many physical, social, and emotional changes as part of healthy development.

- **Unpredictable moods:** Teens show intense emotions. These ups & downs can lead to conflict with parents, peers, & teachers.
- **Focus on the here & now:** Teens have difficulty anticipating the consequences of their actions. 
- **Self-consciousness:** Teens experience the "spotlight effect" where they think everyone is looking at and judging them.
- **Autonomy:** Teens seek the freedom to make choices, pursue goals, & become independent thinkers, while remaining connected to the family.
- **Who am I:** Teens are working to figure out who they are. How teens view themselves is going to be shaped, in part, by how others, including you, the parent, see them.
- **Risk-taking & peer pressure:** Teens view certain behaviors as less risky because there is value, specifically social acceptance.
- **Association with peers:** Teens value the opinions of their peers. Spending time with friends who are motivated by school will reduce their risk-taking.

HELPFUL LINKS

English Montreal School Board
(514) 483-7200
www.emsb.qc.ca

Government of Canada
Career Quizzes
www.jobbank.gc.ca/career-planning/quizzes

Government of Quebec - MEES
Students & Parents
www.education.gouv.qc.ca/en/student-s-and-parents/

ClickVOC
www.clickvoc.qc.ca/form.php?lang=en

Parent Help Line (Free counselling)
(514) 288-5555

Kids Help Phone (Free counselling)
1-800-668-6868
www.kidshelpphone.ca

Réseau Réussite Montréal
www.reseautreussitemontreal.ca

LEARN (Leading English Education & Resource Network)
www.learnquebec.ca



TRANSITION TO HIGH SCHOOL TIME FOR CHANGE



Commission scolaire English-Montréal
English Montreal School Board

WHAT IS A TRANSITION?

Transition to high school is a stepping stone that provides students with new and positive opportunities. While this is the case for many, for some, starting high school can be an overwhelming experience. Students will go through many changes, such as navigating a new school, making new friends, getting to know new teachers and trying to fit in.

The family is a crucial influence in supporting a child's transition. Parental attitudes and behaviours such as encouraging children in their studies, celebrating big and small achievements, expressing affection, providing proper supervision, having realistic expectations, and acting as a role model all have a positive impact on success.

We would like to reassure you that we are available to work with you and ease the transition process for both you and your children. There are many people, services, and resources available to help make the secondary school experience a positive and rewarding one for all students.

Please visit the EMSB and school's website to find out details.

COMMON FEARS

- Finding my way around
- Getting along with other students
- Parent and/or teacher pressure to do well in class
- Difficult teachers and/or classes
- Being bullied
- Fitting in
- Being safe
- New rules
- Too much homework
- Peer pressure socially



HOW TO PREPARE DURING QUARANTINE

- Teach your child how to use a combination lock.
- Practice reading room numbers.
- Make sure your child knows your contact numbers.
- Practice making nutritious lunches & healthy snacks. Let your child make them alone.
- Browse the high school's website.
- Learn about services & resources offered on the school's website.
- Use Google Maps to plan the route to & from school.
- Let your child do schoolwork alone. Only check-in intermittently.
- Practice reading a timetable, if possible.
- Form a routine of using an alarm clock to wake up.

TIPS FOR PARENTS

- **You know your child best of all!**
- **Show interest** in activities that your child is passionate about.
- Ask your child about goals for high school & beyond. **Listen!**
- **Explore career options** with your child. Guide them based on their skills and interests.
- Talk to your child about **what to expect** in high school.
- Encourage your child to **set realistic goals**. Manage your own expectations around success.
- **Don't trivialize** your child's worries.
- **Check the school & EMSB website** for updated school activities.
- Encourage the **use of an agenda** for homework & check it regularly.
- Set a **regular time & place** for homework.
- Encourage & **model** time management strategies

It's normal if your child is unsure about their future career goals. There are many opportunities for self-discovery in the years ahead.

No decision made now is forever.

