

Parenting Evolution: Changing Involvement Levels for Parents of High School Students

Megan Martyniuk
Counseling Intern
Oak Park High School
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Objectives

- Benefits of parental involvement
- Methods of parental involvement
- Evolving as parents of young kids to young adults

*“Above all, children need our unconditional love - whether they succeed or make mistakes;
when life is easy and when life is tough.”*

-Barack Obama (2011)

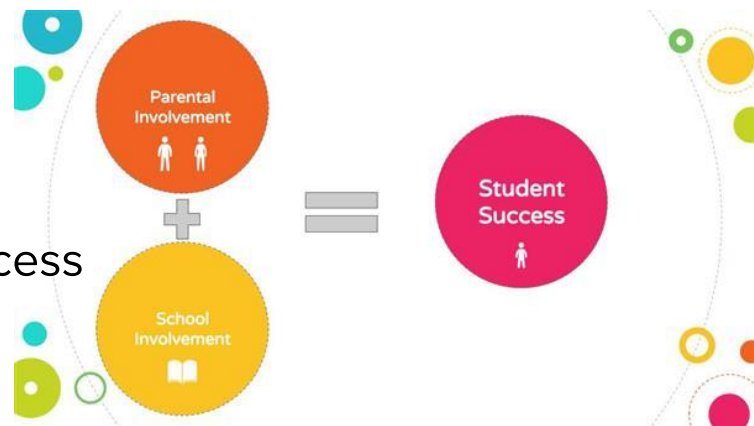
Benefits of parental involvement in school

→ Shows a general interest in your:

- ◆ Child
- ◆ School community
- ◆ Value of education
- ◆ Investment in your child's personal success

→ Outcomes:

- ◆ Promotes psychological well-being for adolescence (Cripps & Zyromski)
- ◆ *Perceived* parental involvement positively impacts high school graduation rates (Englund, Egeland, & Collins)



Methods of Parental Involvement

- Supportive Parent focuses on setting expectations for overall success above blatant pressure for students to succeed
 - ◆ Show a general interest in their lives
 - ◆ Create a comfortable space where their academic (or other) motivations could develop
 - ◆ Encouraging students that putting forth their best effort is all that matters
- Getting into good schools focuses on quality of instruction
 - ◆ Conveys the importance of academic success

Methods of Parental Involvement (continued)

- Convey the importance of school
 - ◆ Show potential future life opportunities (good or bad)
 - ◆ Students are motivated to do well and simultaneously fearful of experiencing undesirable outcomes



(Harris & Robinson)

How do we evolve as a parent?

→ Transition from sole provider to allowing students to become more independent

→ As parents:

- ◆ Make sure they are taking care of themselves (ex: healthy eating & sleep habits)
- ◆ Don't do something for your child that they can do themselves
 - Communicate w/teachers
- ◆ Let your student make mistakes
- ◆ Regain some independence
 - your identity is not defined by your child(ren)
 - Let them see you do things you enjoy for yourself
- ◆ Stay open minded with your kids - even when your opinions differ
- ◆ Actively model handling situations appropriately
 - Be respectful, stay calm
 - Support beliefs with facts
 - Know you aren't always right



Don't worry that
children never listen
to you; worry that
they are always
watching you.

~ Robert Fulghum

Managing Screens & Social Media

→ Restrict access to phones, devices, and social media

- ◆ Turn phones off during study times/sleep (Getz)
 - Every time we're interrupted it takes our brains up to 5 minutes to refocus
 - Every notification
 - Every "are you working on your homework?"
- ◆ Encourage not using phone in the bedroom (not even to charge)
 - Stay up later = less rest/sleep
 - Light from our phones affect our circadian rhythm
 - 30 units of EMFs within 10 ft. stops production of melatonin; phones produce 2,000 units of EMFs (whether they're turned on/off)
- ◆ Consider using apps such as "AppDetox" (Android) or "Freedom" (iPhone) to limit access to social media during study times (OPHS)
- ◆ Consider using parental controls such as [Circle](#)

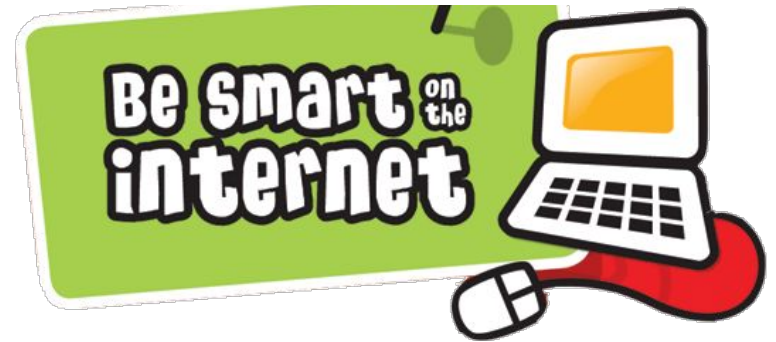


Managing Screens & Social Media (continued)

→ Talk to your kids about internet usage, safety, and dangers

→ Encourage critical thinking relates to its use

- ◆ Abuse of technology & addiction (DSM V)
 - Linked to:
 - Stress & anxiety disorders
 - Sleep disorders
 - Greater consumption of alcohol/drugs
- ◆ Social status for teens
 - High status teens → High status Adults
 - Not necessarily bad, but status can be linked to:
 - Poorer quality friendships later in life
 - Less likely to be involved in satisfying romantic relationships
 - Experience higher rates of discontent, anxiety, & depression
- ◆ Predators v. reality
 - Predators don't start out threatening- they gain trust
- ◆ Permanency of the internet



Conclusion

→ We all want to see your child succeed!

- ◆ High school is an opportunity for students to branch out and make small mistakes with the benefit of a safety net

→ Don't leave them to their own devices just yet!

- ◆ Stay involved but start taking a step back
- ◆ High schoolers are launching into adulthood, they aren't launched yet



Parent Survey

→ Please take a few minutes to complete a short survey



Resources

- Circle Media Labs. (2019). Parental control & internet filtering app meet circle. Retrieved June 22, 2019, from <https://meetcircle.com/>
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