

High School Transition Handout

Some issues that youth may struggle with when transitioning into High school are:

Communication! Good communication is important. Sending clear messages as well as good listening skills are key. Here are some tools that can be utilized:

- Be clear about expectations on how much time is spent on electronics after homework is complete including u-tube, video games and talking with friends.
- Use “I” messages- used to take ownership for one's feelings rather than implying that they are caused by another person. Example- “I feel frustrated when I call, and no one answers.”
- Be approachable so that your youth will feel comfortable talking to you.
- Make sure that youth are getting enough exercise, recreation, sleep and eating well.
- Make time to ask your youth about how they are doing in school, home, activities, and how their week has gone and really listen to them.
- Listen- Listening is part of good communication skills. Remember sometimes it is more important for you just to listen and be present then giving your input.

Get Organized!

- Help them to prepare for a successful year
- Teach them a few organizational tips: example an area for schoolwork or do your work early so you have more free time, etc.
- Encourage parents/grandparents/guardians to go to the school and other orientations to reduce stress for their young person.
- Encourage the Family to have a calendar to help plan for important events, sports, etc.
- Give tips to your youth on how to use a calendar to keep themselves organized. (Homework, church events, activities, etc.)

Set Reasonable Boundaries

- Teach youth to always have respect for themselves and others
- Encourage parents, etc. to set a curfew during the week and on the weekend.

- Encourage Parents to have restrictions on phone/games
(Note: parents need support and we as ministers can support positive and healthy behaviors)

Social Anxiety

High School youth become very anxious when returning to school especially when they are not sure of who their friends are and who will they spend their time with at school.

Making friends and having good social skills are an important life skill.

- Know that they are developing into young adults are going through many big changes physically, emotionally and mentally.
- Teach youth how to make good choices in friends
 - Good friends should exhibit
 - good values,
 - have goals,
 - use good language
- Have discussions on how to socialize with other young people. (Group activities)
- Encourage them to be themselves and to be honest
- Affirm your youth as much as possible.
- Encourage parents/grandparents, etc. to make sure they let their young person know they are loved!
- Help our youth have responsible adults in their lives that they can talk to? Teachers, Youth Ministers, Mentors.
- What does or can the parish have in place to support your youth?

Challenge:

How can you do one-hour events to help parents build stronger relationships with youth?

How can your parish support event (s) that build up strong Catholic youth and families?