



Parent Training for Successful Transition for Children Entering High School



We all have guarded and nurtured our children's safety, welfare, and health from the day they were born, to their first day in kindergarten, and into their adolescent years. Entering high school can be a stressful time in our children's lives. Our children will need our support and love to face the social pressures they may encounter during these times. Our continued guidance, love, and support will help them to make good choices as they venture through the teenage years. One of our best strategies to minimize the destructive influences is for us to keep active in their lives, participate in their hobbies, get involved with their schoolwork, support their interests, get to know their friends, and having family activities. We have been through extensive training with some of the most respected leaders in the field of child psychology, the most important message we can provide, as one prominent psychologist aptly stated, "Parental involvement is the best intervention."

Communication is key:

1. Respond and speak with your children as though you want them to come back to you again
2. Listen and respond in a non-judgmental manner
3. If your child describes an issue a "friend" is having, it may be a friend that does not have parents who listen; it may also be your child. The information you give will be valuable to both
4. Don't over react. Take a deep breath before responding. It took a lot of courage for them to come to you

Key Warning Signs: (these signs are indicators that are consistent in several categories of negative peer interaction)

1. Change; in attitude, appearance, dress, interests, friends, relationships, and school performance
2. Substance abuse; prescription pills, alcohol, narcotics
3. Choices; every good child is one bad choice away from a bad mistake
4. **Your instincts**: If you think something is wrong, it probably is

The Conejo Valley Unified School District and the Thousand Oaks Police Department are committed to the citizens and youth of our community. In addition to this class, the Thousand Oaks Police Department offers "Parent Project" a 10-week class on dealing with and addressing issues with difficult, defiant or problematic teens. For information on this class and other powerful resources, see our website at http://www.toaks.org/government/depts/police/parent_resources.asp