



# The Junior High Experience

*A Bumpy Fast Paced Ride --With an Attitude!*

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***WELCOME***

***INTRODUCTIONS***

# ***A PARTNERSHIP***



PARENTS-ADMINISTRATOR-TEACHERS-  
STAFF

# What do School Counselors Do?

- Individual counseling, social skills groups, classroom lessons
- Classroom Lessons Topics: (Self-Acceptance, Bullying, Coping Strategies, Healthy Communication)
- Crisis Counseling
- Academic, college & career readiness, social/emotional counseling
- Referrals for Outside Agencies; connections to resources
- Peer Conflict Resolution & Restorative Justice
- Connections to School: Handbells, Athletics, NJHS, Art Club, Student Council, Mentoring Program, Dancing Feet, Assemblies, Field Trips



# Presentation Goals

- A better understanding of adolescent behavior
- Recognize behaviors that may need interventions
- How to support your child while allowing them to develop a sense of independence
- How to support your child in their academic success
- Social media trends
- Information on Vaping
- Suicide Awareness
- Utilizing Aeries

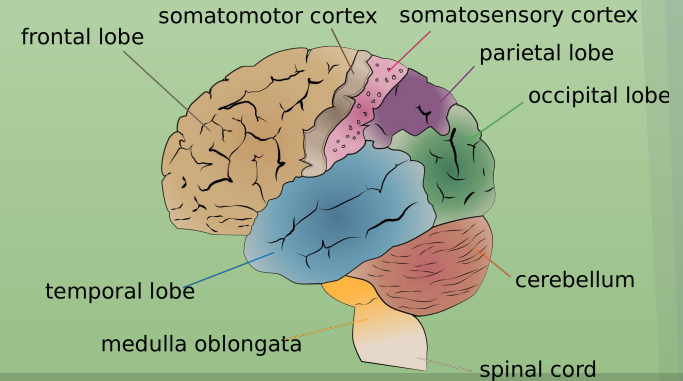
# The Adolescent

Teens go through significant changes physically, psychologically and emotionally as they move from childhood to adolescence.



# The Adolescent Brain

- Prefrontal cortex of the frontal lobes develops last which causes an imbalance during adolescence which may explain the *crazy* adolescent behaviors!
- Brain development is ongoing and not fully developed until 25 years old!



# The Adolescent Brain

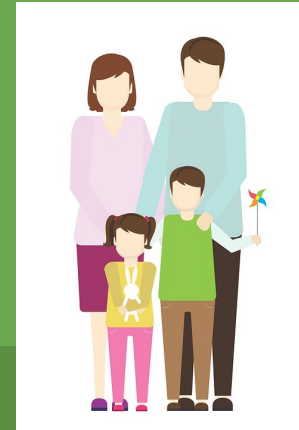
- Underdeveloped frontal lobes cause teens to behave more emotionally.
- Emotional fluctuations and intense emotions!



# Adolescent Behavior - You Will Survive!

Teens begin developing their *own identity*.

- Parents are no longer number one in their lives
- Parents can be embarrassing to teens
- Kids who usually follow rules begin to challenge rules and expectations
- *Decline in grades is not* unusual, even for the best students (Socialization)



# Social Acceptance is ***number one*** Concern

Adolescents are *very* egocentric --it is normal for an adolescent to think the world revolves around him / her.

- Validate-support *how* they may be feeling.
- Perspective-Help them identify *how* their actions may affect others.





# Social Acceptance is ***number one*** Concern

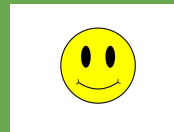
Peer approval *feels* like the ultimate goal

- If one peer says something negative to them, “everyone” said it -- parents offer guidance with perspective.
- Pick your battles -- stay firm on the big issues like drugs and alcohol while allowing a little more flexibility with the *crazy hair style*.



# How You Can Support Your Child

- Know your child's friends -- invite them over to your home to hang out, offer to drive them places, feed them
- Talk about peer pressure and ways to handle difficult situations:
  - Role play and share your personal experiences
  - Give your child ideas for an out



# The Growing Pains of Independence

- As your child *earns* your trust, allow a little bit more freedom
- Adolescents respond better to *earning* a privilege rather than an extended punishment.

## PARENTS:

- “First complete your homework, I’ll check it, you organize it, then you can use your phone or play video games.”
- “When I see you can consistently respect your 9:00 curfew time, we can discuss changing it.”

# Adolescent Emotions are Intense

- What they are feeling *is* their reality
- Emotions fluctuate frequently
- Sometimes difficult for the teen to identify *why* he or she is feeling a certain way
- Adolescents are sensitive to the mood in a room -*how* something is said can be more important than word choice (tone)
- Moodiness, sulking and depression-like behavior is *not uncommon*
- Adolescents are very critical of themselves and others (self-esteem)

# Adolescents *will* Challenge the Rules

- Expectations need to be clear regarding behavior at home, at school, or with friends
- Be consistent with expectations -- especially if the child moves between two households



# FAMILY RULES

Keep your promises

## SHARE

Think of others before yourself

## Say I love you

Listen to your parents

## DO YOUR BEST

*Say Please and Thank You*

## Always Tell the Truth

## Laugh at Yourself

## Hug Often

## Use Kind Words

## *Love Each Other*



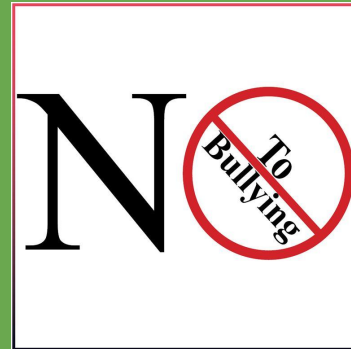
# What is Bullying?

1. Same person or group of kids involved
2. An imbalance of power: Older or physically larger
3. Intent is to physically or emotionally harm
4. Happens over and over again....



# BULLYING FACT

*Bully like behavior peaks in sixth and seventh grade as peers establish their place in the social circle. Students who have never been verbally or physically aggressive can become so and previously confident students can withdraw.*



# Indicators That Your Child May Be Experiencing a Form of Bullying

- withdrawing from their favorite activities
- withdrawing from their friends or social circles
- unexplained anger or other volatile emotions
- school avoidance or purposefully missing the bus
- changes in appetite
- missing or damaged materials
- wanting to take “protection” to school
- Offer suggestions on how to handle the situation. Role play: how to tell the peer to **stop** the unwanted behavior.
- Encourage your child to stay away from the bully and to stick with one or two friends when the bully is present.
- Encourage your child to let an adult on campus know what is happening.
- **Call us for help.**

# When to Reach Out For Help

- Your child withdraws from family and friends for *more than* a couple weeks
- Your child begins talking or even joking about *suicide*
- Your child has a sudden *change* of friends
- Your child has a major *drop* in grades
- Your child *engages* in self harming behaviors
- You *suspect* drug use
- You are unsure if your child's emotions / actions are *typical* adolescent behavior

# How Can I Help My Child Be Successful This Year?



# Communicate--Talk *with* your child

55% of every message is communicated through the use of *body* language.

38% of every message is communicated through your *tone* of voice.

7% of every message is communicated by your *words*



# Ask Open Ended Questions

"That is interesting, what was that like?"

"What do you think about....."

"What have you tried?"

"How are you thinking about handling it?"

"How could you handle it differently next time?"

*HERE ARE SOME SUGGESTIONS.....*



# Get Organized

Time management

Quiet and visible workspace

Have supplies ready and available

Utilize daily planner

Check online teacher websites/google classroom

Monitor progress

Check HW with your child (Ask questions!)

Backpack Check



# School Activities

- X PERIOD
- PBIS
- Medal of Honor
- Athletics
- Dances
- Spirit Rallies
- Handbells
- ASMO
- Choir
- Semester Awards
- Mentoring Program
- Art Club/Movie Days @ Lunch
- Career Day
- ASB Lunch Activities
- Student Council
- National Junior Honors Society
- California Junior Scholastic Federation



# The Balancing Act

- Set realistic expectations at home.
- Your child *will* make mistakes, be the safety net.
- Stay involved at school. (PTO, Volunteer, attend school evening events)
- Help your child balance school, family, friends, hobbies, etc .



# AERIES PORTAL & SCHOOL WEBSITE



- AERIES APP *or* website: check grades and missing assignments (***See handout***)
- Check Teacher Websites weekly
- Office Staff can assist with password resets, etc.



# Questions About Data in Aeries?

**ALWAYS** ask your child first to foster independence and self-advocacy

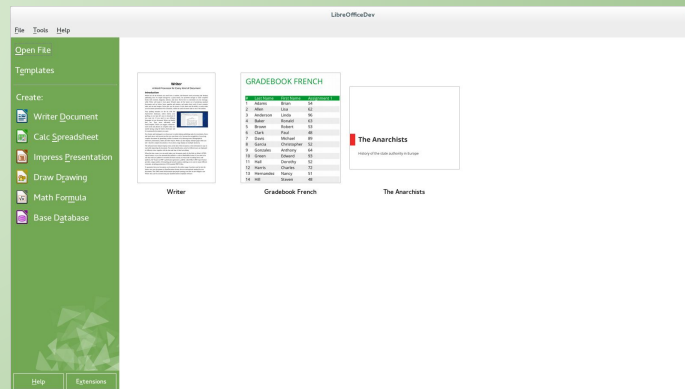
Encourage your child to ask their teacher these questions before *you do*:

What is this assignment?

How can I improve my grade?

How can I get additional help?

**\*Teachers update their gradebooks at different times during the week.**





# Looking Towards the Future with Naviance

- College and Career Readiness Platform
- Students will be using Naviance throughout their 7th-12th grade education.
- Spring Registration, Six Year Plans, and Academic Reviews



**ACTON AGUA DULCE UNIFIED SCHOOL DISTRICT**  
Academic Review - Six Year Plan

Student Name _____	ID# _____	Class of _____	DOB _____	504 <input type="checkbox"/>	IEP <input type="checkbox"/>
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**POST HIGH SCHOOL PLAN**

☐ Private College   ☐ University of California   ☐ California State University   ☐ Community College   ☐ Technical School   ☐ Military   ☐ Other \_\_\_\_\_

**Course Planning**

<b>7<sup>th</sup> Grade 1<sup>st</sup> Semester</b> English 7 Math 7 Science 7 History 7 P.E. Elective	<b>7<sup>th</sup> Grade 2<sup>nd</sup> Semester</b> English 7 Math 7 Science 7 History 7 P.E. Elective
<b>8<sup>th</sup> Grade 1<sup>st</sup> Semester</b> English 8 Math 8 Science 8 History 8 P.E. Elective	<b>8<sup>th</sup> Grade 2<sup>nd</sup> Semester</b> English 8 Math 8 Science 8 History 8 P.E. Elective
<b>9<sup>th</sup> Grade 1<sup>st</sup> Semester</b> Eng 9A Tech. Lit./Health Algebra I Biology P.E. Elective	<b>9<sup>th</sup> Grade 2<sup>nd</sup> Semester</b> Eng 9B Tech. Lit./Health Algebra I Biology P.E. Elective
<b>10<sup>th</sup> Grade 1<sup>st</sup> Semester</b> Eng 10 A World History Geometry Physical Science Elective P.E.	<b>10<sup>th</sup> Grade 2<sup>nd</sup> Semester</b> Eng 10 B World History Geometry Physical Science Elective P.E.
<b>11<sup>th</sup> Grade 1<sup>st</sup> Semester</b> Eng 11A US History Algebra II Science/Elective Elective Elective	<b>11<sup>th</sup> Grade 2<sup>nd</sup> Semester</b> Eng 11B US History Algebra II Science/Elective Elective Elective
<b>12<sup>th</sup> Grade 1<sup>st</sup> Semester</b> Eng 12A Gov/Econ Math/Elective Science/Elective Elective Elective	<b>12<sup>th</sup> Grade 2<sup>nd</sup> Semester</b> Eng 12B Gov/Econ Math/Elective Science/Elective Elective Elective

**College & Career Planning**

<b>Naviance Career Planning</b> Top 5 Career Clusters 1. _____ 2. _____ 3. _____ 4. _____ 5. _____  Top 5 Pathways 1. _____ 2. _____ 3. _____ 4. _____ 5. _____	<b>Post-Secondary Planning</b> Top 5 Majors 1. _____ 2. _____ 3. _____ 4. _____ 5. _____  Top 5 Colleges/Trade Schools 1. _____ 2. _____ 3. _____ 4. _____ 5. _____
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<b>COMMENTS &amp; NOTES</b>
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**For Office Use Only**

Date _____	Reviewed by _____	Date _____	Reviewed by _____
Date _____	Reviewed by _____	Date _____	Reviewed by _____
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# @Social Media

**“Just as we teach our children how to ride a bike, we need to teach them how to navigate social media and make the right moves that will help them.” - Amy Jo Martin**

## Dangers of Social Media

- The majority of inappropriate texting and postings occur ***outside*** of school grounds. This may impact the student in a negative way when they return to school.



# Current Social Media Trends

- Snapchat
- Tik Tok
- Instagram
- Houseparty
- Twitter
- You Tube



# You Posted WHAT??



- Social Media is a part of every teen's life :)
- Educate ourselves with knowledge of current social media trends.
- Everything posted is no longer private and can be seen years from now, possibly affecting their future.
- Kids tend to post their current emotions.



# Dangers of Social Media

***Snapchat*** : can be used for taking inappropriate photos, as adolescents believe the photos are deleted immediately after being viewed.

- **PHOTOS ARE NOT DELETED!**
- **SCREENSHOTS**



***Snapchat Story***: You can post pictures to your “story” that are visible for 24 hours before being deleted.





## INSTAGRAM



- Mobile based photo-sharing app that allows users to share pictures and videos.
- Search engine for ***billions*** of images.
- Difficult to set restrictions for this app and easy to search for ***inappropriate*** content.
- Cyberbullies often create ***fake*** accounts
- Check Privacy Settings
- Teens create multiple accounts and share passwords

# HOUSEPARTY APP

- Free video, voice, and messaging app.
- Group **FACETIME** with up to 6 people at a time
- Set the account to private, otherwise **ANYONE** can video chat your child.





- Launched in 2017, origin China
- Social Media app used for creating short lip sync videos, comedy, and talent videos
- Thousands of strangers can view your child's videos and make contact



## SAFETY TIPS

- DO NOT expose your true identity
- DO NOT give out any personal information
- BE AWARE of parental controls
- BLOCK the player (s)
- TURN ON the privacy settings
- TAKE breaks



# Dangers of Social Media

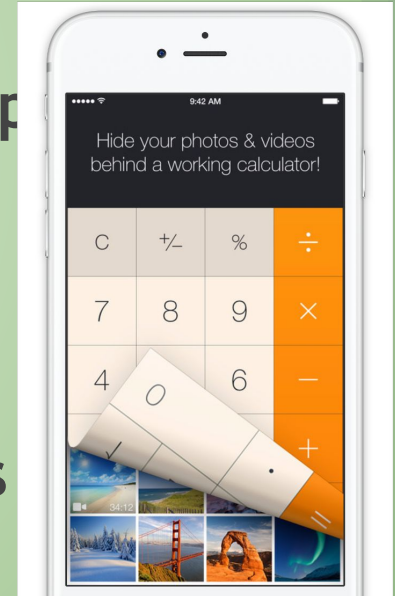
- Ghost, Secret, and Vault Apps

- These apps are used to hide  Boomerang

photos, videos, and the browsing history on your child's phone. This app Functions as a normal calculator, but When a specific code is put into the App it brings up hidden information.

- Watch for duplicated applications, as this could be one of the vault apps.

**Vault Apps** - what are they?



## ● Statistics on Teens and Social Media

- 58% of teens ***do not*** think posting photos or other personal information on a social site is unsafe.
- 47% are ***not worried*** about others using their personal information in ways they do not want.
- 49% are ***unconcerned*** that posting personal info might negatively affect their future.
- 95% of teen internet users say they have ***witnessed*** cyberbullying on social media and 55% say they witness it frequently.



# What Can *you* do to Support your Kids?

- Just as we would teach our kids how to behave in a restaurant, at church, or at school, we *need* to teach them how to behave on Social Media.
- Building trust is essential, and giving freedom is important, but *establishing guidelines* for how to behave is a must!







## Strategies You Can Use

- Set up Family Sharing for iOS and/or Android phones. It's free!
- ***Collect phones at night before bed, and return the following morning.***
- ***Random*** “spot-checks” of your child’s phone.

Communicate with them about the dangers of social media and proper etiquette.



## Major Cell Phone Providers - Available Programs

***\*\*Contact your provider for more details\*\****

### **AT&T - AT&T Smart Limits**

<https://www.att.com/>



- Limit on texts and purchases
- Block data
- Manage Contacts
- View Activity

### **T-MOBILE- Family Allowance**

<https://support.t-mobile.com/>



- Manage contacts
- Limit text messaging
- Set restrictions on usage
- Manage downloads

### **VERIZON - Family Safeguards & Controls**

<https://wbillpay.verizonwireless.com/>



- Locate your kids anytime
- View phone activity
- Control usage
- Block calls and spam
- Set age restrictions and content

### **SPRINT - Family Safety Essentials**

<https://familysafety.sprint.com/>



- Control texting
- Locate your kids anytime
- Lock phone while driving



**SUICIDE is the #2 cause of death among adolescents 15-19 years old.**

- **In 2017, there were 27 deaths by suicide in LA County**

# RISK FACTORS OF YOUTH SUICIDE

*There is NO single predictor of youth suicide*

-Risk Factors come together in a *perfect* storm

## 8 Risk Factors

- Alcohol and substance abuse
- Accessibility to means (firearms)
- Depression/Comorbidity
- Previous suicidal behaviors
- History of trauma, adverse childhood experiences (ACES)
- Hopelessness
- Impulsivity
- History of non-suicidal injury

# Warning Signs of Youth Suicide

- Suicidal Notes/texts/social media posts
- Threats
  - Direct: “I want to die” “I am going to kill myself”
  - Indirect: “No one will miss me. “The world will be better without me.”
- Depression/Hopelessness
  - Loss of energy/enthusiasm for life
  - Risk taking behaviors such as drinking, gunplay, alcohol, and substance abuse
- Plan/method/access
- Giving away prized possessions/making final arrangements



# Warning Signs of Youth Suicide

- Intense feelings of being a burden
- Isolation and lack of belonging/connections
- Sudden changes in behaviors, personality, friends
  - Changes in eating or sleeping habits
- Death and suicidal themes in writing, readings, websites
- Elementary school age children may:
  - Threaten to run into traffic
  - Jumping from high places
  - Cutting/scratching or marking the body

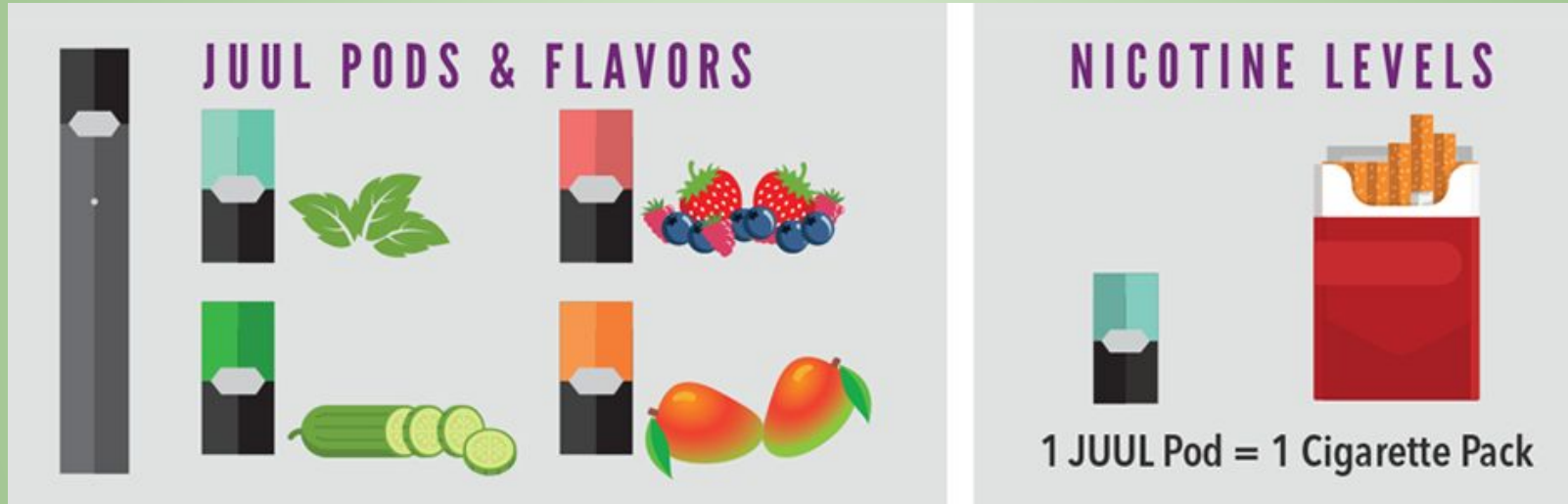
# Safety Plan

- A Friend Asks App
- Virtual Hope Box App
- MY3 App
- National Suicide Hotline  
1-800-273-8255
- Teen Talk: 310-855-4673





# VAPING



A recent study reported that the jump in vaping among 10th and 12th graders from 2017 to 2018 is the largest on record, **for any substance**. The U.S. Surgeon General has classified vaping a youth epidemic

# HOW DID WE GET HERE?

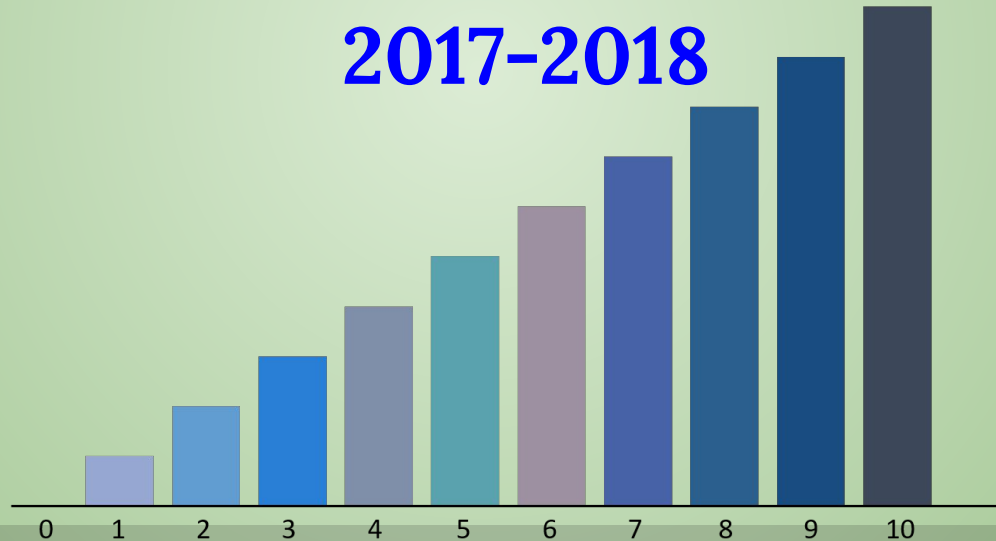
- *The flavors make it easy to hit.*
- *The devices make it easy to hide.*
- *The nicotine makes it hard to quit.*

# VAPING



# Statistics from Centers for Disease Control and Prevention

**E-Cigarette usage by high school  
students *increased 78% between  
2017-2018***



**1 in 4 high school students have used a  
tobacco product**



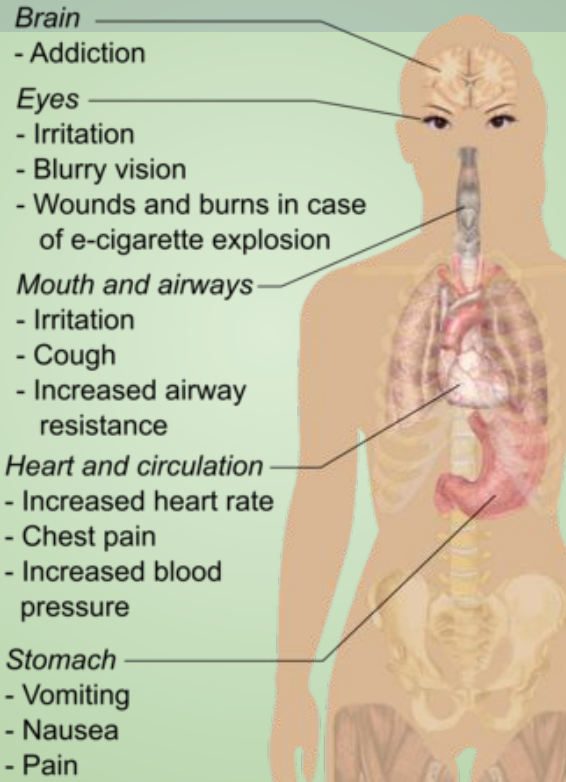
**4 out of 5 kids who have used tobacco  
started with a flavored product**





# Kids report vaping *as early as 12 years old*

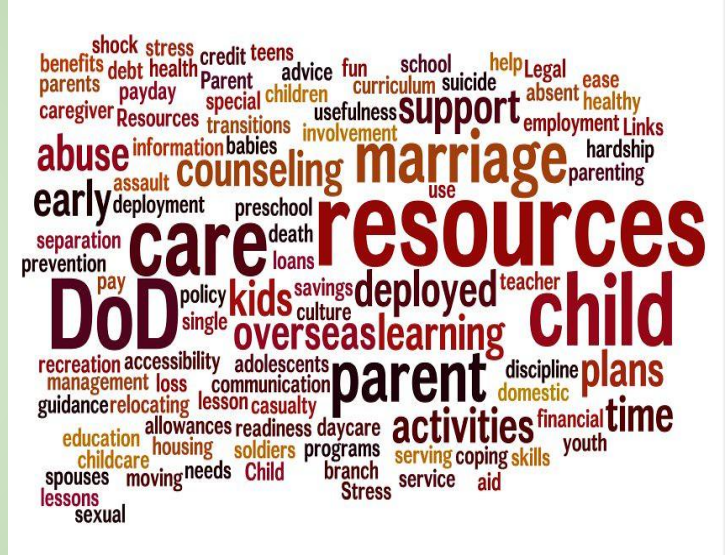
## Adverse effects of vaping





## Resources for Parents

- [greatschools.com](https://greatschools.com)
- [kidshealth.org](https://kidshealth.org)
- [ahaparenting.com](https://ahaparenting.com)
- [Tweenparenting.about.com](https://Tweenparenting.about.com)
- [flavorshookkids.org](https://flavorshookkids.org)



# Academic Resources

- [www.khanacademy.com](https://www.khanacademy.com) (MATH)
- [www.quizlet.com](https://www.quizlet.com) (online flashcards)
- [www.readtheory.com](https://www.readtheory.com) (reading)
- [www.prodigy.com](https://www.prodigy.com)
- [www.kahoot.com](https://www.kahoot.com)
- Whiz Tutor App
- Google Classroom



# As you Embark on this Incredible Journey....

- Please keep your hands inside the car and your patience in check during the entire ride.
- You will experience many bumps with a few unexpected turns and dips.
- Keep your sense of humor and reach out for help when you need it.

*Thanks for joining us for The Junior High Experience -a bumpy fast paced ride with an attitude!*

# Our Contact Information



Correna Lairson: [clairson@aadusd.k12.ca.us](mailto:clairson@aadusd.k12.ca.us)

- Instagram @hdscounselingdept
- School Website; **NEW**: Counseling Section

Giselle Bice: [gbice@aadusd.k12.ca.us](mailto:gbice@aadusd.k12.ca.us)

- School Website: [www.aadusd.k12.ca.us/Domain/9](http://www.aadusd.k12.ca.us/Domain/9)
- Office Telephone #: 661-269-0310