

News You Can Use

BACK TO SCHOOL 2024



Setting the stage for school success: building connections promoting healthy choices.

As a new school year begins, parents and caregivers play a crucial role in setting their children up for success. Establishing strong school connections and promoting healthy choices are essential for their overall well-being. Here are some practical tips to help parents connect with their kids and teens and guide them toward making smart decisions.

Foster Open Communication. Encourage dialogue by asking questions that require more than a yes or no answer, such as “What clubs are you interested in joining?” Or “what are you excited to learn about this year?”

Get Involved in School Activities: Show interest in your child’s school life by attending parent-teacher meetings, school events, and volunteering when possible. This involvement demonstrates that you value their education and helps you stay informed about their academic progress and social interactions.

Set a Positive Example: Children often emulate their parents’ behavior. Model healthy habits by maintaining a balanced lifestyle, managing stress effectively, and demonstrating responsible decision-making. Your actions speak louder than words and can inspire them to adopt similar practices.

Discuss the Dangers of Alcohol and Drugs: Have honest and age-appropriate conversations about the risks associated with alcohol and drug use. Use real-life examples and statistics to illustrate the consequences. Make it clear that your primary concern is their safety and

well-being. Encourage them to ask questions and express any concerns they might have..

Encourage Healthy Friendships: Help your children build positive relationships by encouraging them to surround themselves with friends who share similar values and interests. Teach them how to identify and handle peer pressure. Reinforcing the importance of choosing friends who support their goals and well-being can have a lasting impact.

Promote a Balanced Lifestyle: Ensure your children understand the importance of a balanced lifestyle, including proper nutrition, regular physical activity, and adequate sleep. Create a family routine that incorporates these elements, making it easier for them to adopt and maintain healthy habits. And parents, you, too! Everyone will feel their best.

Stay Informed and Supportive: Keep yourself informed about the challenges and pressures your children might face, both academically and socially. Offer your support and guidance without being overbearing. Providing a safe and supportive home environment can significantly impact their ability to navigate school life successfully.



By fostering open communication, staying involved in their school activities, and promoting healthy choices, parents can set the stage for their children’s school success. These efforts not only enhance their academic performance but also contribute to their overall well-being and future success. ADAPP is here to help.

How parents can help children and teens navigate peer pressure.



Peer pressure can significantly impact children and teens during their school years. To help them through these challenges, parents can provide guidance and support. Establishing a foundation of trust is key. When kids feel they can discuss anything with their parents without fear of judgment, they're more likely to seek advice in tough situations. Here are some ways to help:

Encourage kids and teens to recognize and trust their instincts. Teach them to pay attention to their gut feelings and understand when something feels wrong, even when among friends. They can think about and plan assertive phrases and refusal skills, even as simple as "No, thanks." Let them know they can always use you as an excuse to avoid a bad decision, such as saying, "My parents would be really upset if I did that."

It's vital to educate children and teens about the **potential consequences** of actions. Sharing real-life examples, role-playing scenarios, and discussing the repercussions of risky behaviors can help them understand the importance of making informed decisions.

Engaging in activities they enjoy can build their confidence and help them form positive friendships. Studies show that when they're involved in sports, arts, or other hobbies, they're less likely to seek approval through harmful behaviors.

Parents should clearly **communicate family values** and model them. "Do as a say, not as I do" doesn't hold up! Demonstrating integrity, honesty, and respect in everyday actions reinforces these principles.

Knowing who your child spends time with and being aware of their activities help parents offer better guidance and strengthen the parent-child bond.

By fostering trust, encouraging self-awareness, and supporting positive activities, parents can help their kids and teens navigate peer pressure effectively.

Social media and the impact on kids.

Social media profoundly impacts kids and teens, influencing their self-esteem, behavior, and mental health. While it offers benefits like staying connected with friends and accessing information, it also poses risks such as cyberbullying, exposure to inappropriate content, and the pressure to present a perfect image.

Parents can play a pivotal role in mitigating these risks. Establishing clear boundaries around social media use, such as **time limits and content restrictions**, helps create a balanced digital diet. Encouraging kids to **think critically about the content** they consume and share can promote safer online behavior.

Monitoring your child's online activity without being intrusive is essential. Utilize parental controls and privacy settings to protect them from harmful content. **Educating them about the potential dangers** of social media, such as cyberbullying and online predators, empowers them to make safer choices.

Teach kids and teens the **value of their privacy**. Not everything should be shared. It's also important for them

to understand how to keep personal information secure to prevent potential online threats. They should avoid using their full name, address, phone number, school name, passwords, and other sensitive details. Even seemingly harmless information, like their favorite places to visit or daily routines, can be misused if it falls into the wrong hands.

Encouraging **offline activities and hobbies** can reduce the time spent on social media, promoting a healthier lifestyle. Be a positive role model by demonstrating responsible social media use yourself.

Creating a supportive environment where children feel comfortable discussing their online experiences. This approach ensures that if you allow their use of social media, that it becomes a positive aspect of their lives. By actively guiding their social media use, parents can help their kids and teens navigate the complexities of the digital world effectively.

ADAPP is here to help.

