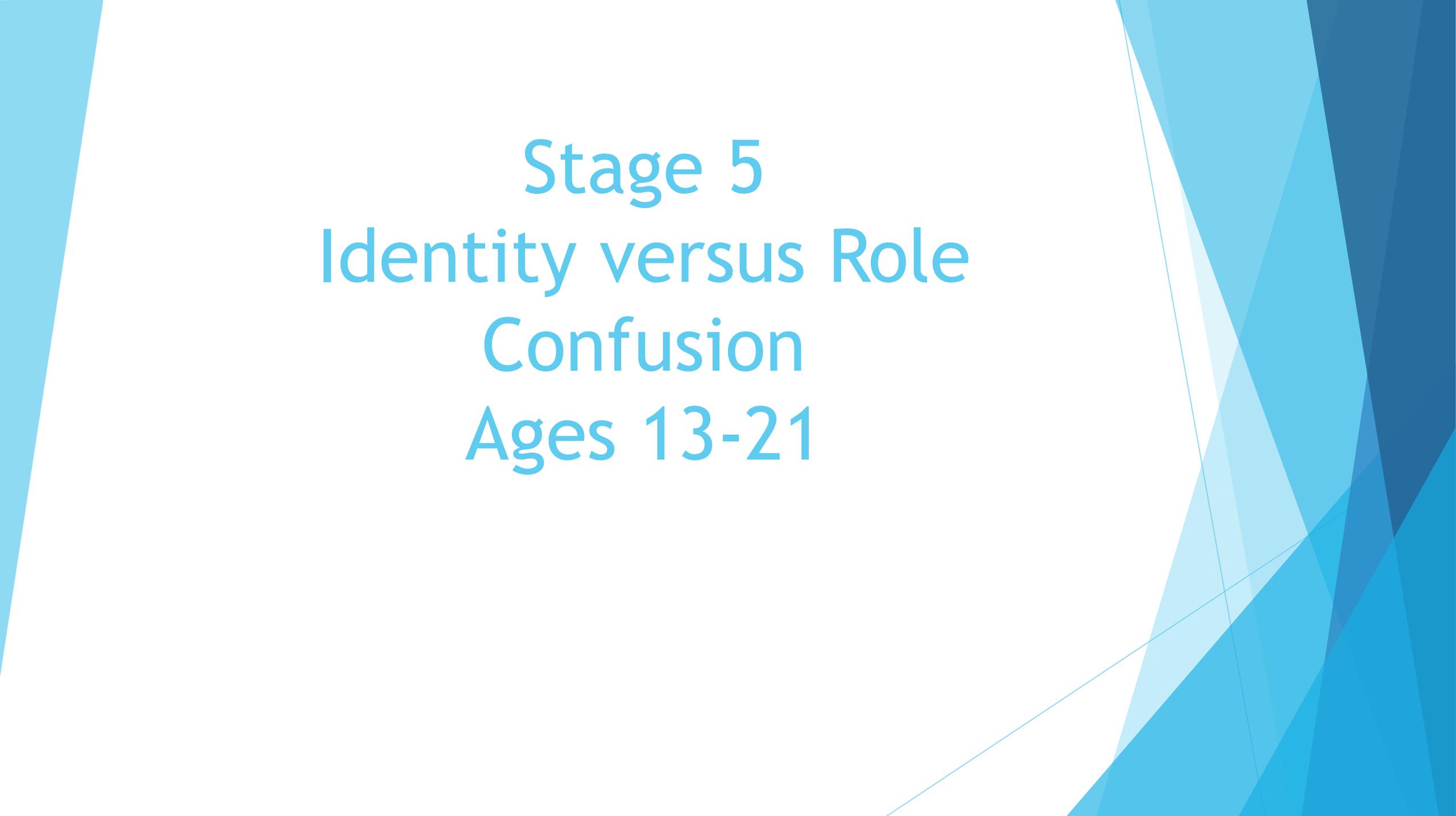
The background features abstract, overlapping geometric shapes in various shades of blue, ranging from light sky blue to deep navy blue. The shapes are primarily triangles and polygons, creating a dynamic, layered effect. The central text is set against a white background that is framed by these blue shapes.

Beyond The Academics High School Parents

By Aretha Graham

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Erik Erikson's Eight Stages of Development

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Stage 5
Identity versus Role
Confusion
Ages 13-21

During adolescence, young people are expected to develop their personal identity.

This is gained through the discovery of oneself and in finding meaning to their personhood.

They may also experience identity crisis as a result from the transition from childhood to adulthood.

Some adolescents may feel confused and are unsure whether an activity is age-appropriate for them.

Crisis at this stage may also be brought about by expectations from themselves and from the people around them.

How can Parents support their teenagers?

- ▶ Become better listeners and observers
- ▶ Continue to assist your child with setting goals
- ▶ Continue to set boundaries -rules and regulations
- ▶ Data supports students thrive with structure as they mature to adulthood
- ▶ Be actively involved in your child's life
- ▶ Ask questions
- ▶ Attend functions and sporting events
- ▶ Monitor social media and set specific guidelines for family members
- ▶ Get to know their friends
- ▶ Take note of any unusual behavior or conversations especially as it relates to changed behaviors and friendships.

How can Parents support their teenagers continued?

- Encourage them to stay connected and be an active participant in clubs and activities
- Continue to show love and care and let them know daily how much you love them
- Check HAC, School Website, Schoology, and volunteer as needed
- Guide them towards independence. Let them grow and explore (College - “Helicopter Parent”)
- Encourage keeping track of school in a planner - stay organized
- Continue to strengthen and enhance your relationships with each other as parents.
- Be good role models, focus on healthy ways to resolve conflicts and manage stress, finding balance

Remember

- ▶ **EVERY CHILD IS ONE CARING ADULT AWAY FROM BEING A SUCCESS STORY. LET'S CONTINUE TO FOSTER POSITIVE RELATIONSHIPS!**

Have a great evening!
GO BEARS!